

Cat-Cow Stretch



- **Purpose:** Improves spinal mobility and flexibility.
- **How To:**
 - □ Start on your hands and knees, with your hands directly under your shoulders and your knees directly under your hips.
 - □ **Cat:** Arch your back towards the ceiling, tuck your chin to your chest.
 - □ **Cow:** Drop your belly towards the floor, lift your head and tailbone.
 - □ Alternate between the cat and cow positions.
- **Prescription:** 2-3 sets of 10-15 repetitions.

Hip Circles

Sets: 1
Reps: 10-12 per side



1. Reps: 10 each direction
 2. Stand on one leg while holding onto a chair or wall for support.
 3. Lift the opposite leg slightly and draw slow circles with your knee.
 4. Purpose: Improves joint lubrication and overall hip mobility.
- Tip: Keep the movement controlled; avoid swinging the leg.

Bridge Exercise

Sets: 2-3
Reps: 10-12



1. Lie on your back with your knees bent and feet flat on the floor, hip-width apart.
 2. Engage your glutes and lift your hips off the floor, forming a straight line from your shoulders to your knees.
 3. Hold for a few seconds, then slowly lower back down.
- Purpose:** Strengthen glutes and hamstrings while stabilizing the spine.
- Caution:** Avoid arching your lower back; focus on using your glutes to lift.