

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.

Doorway Pec Stretch



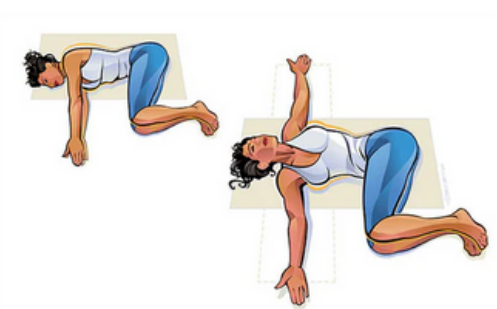
Purpose: Stretches the pectoral muscles.

How To:

- ☐ Stand in a doorway and place your forearms on the doorframe, elbows bent at 90 degrees.
- ☐ Lean forward until you feel a stretch in your chest.

Prescription: Hold for 20-30 seconds, 2-3 repetitions.

Open Book Stretch



- **Purpose:** Improve thoracic spine mobility.
- **Instructions:** Lie on your side with knees bent and arms extended in front of you. Slowly rotate your top arm across your body, opening up your chest. Follow your hand with your eyes, keeping your lower body stable. Return to the starting position.
- **Tips:**
 - Breathe deeply through the movement.
 - Don't let hips shift.
- **Sets/Reps:** 2 sets of 10 repetitions on each side.