

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.

Bird Dog

Sets: 2-3

Reps: 10-12 per side



1. Start on your hands and knees, with your hands directly under your shoulders and your knees under your hips.
2. Extend one arm forward and the opposite leg backward simultaneously, keeping your core engaged and back straight.
3. Hold for a few seconds, then return to the starting position and repeat on the other side.

Purpose: Improve core stability and balance.

Tip: Focus on maintaining a straight line from your head to your heel.

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.