



CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling. Hold for 5 Seconds.

Then arc your back, push out your bum, lift your head up and hold for 10 seconds. Focus on increasing the arch of your back.

Our modern life is in forward flexion, computer, phone, TV...do this exercise everyday !

Repeat 4 Times
Hold 10 Seconds
Complete 3 Sets
Perform 2 Time(s) a Day



DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.

The next three exercises can be done before you get out of bed every morning.
Hold for 30 seconds.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.

While in bed do this after the double leg to chest.

Repeat 3 Times
Hold 15 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



Same as the first exercise. But should be the third stretch of the morning. Double knee to chest, single knee to chest, get out of bed, get on the floor and hold the Cow position for 30 seconds.

Cow Pose/ Spinal Extension

In hands and knees with the hands under the shoulders and the knees under the hips, slowly inhale as you drop your belly towards the floor, bringing the shoulder blades together and opening your chest, lifting the chin gently towards the sky. Roll the shoulders back and down and gently engage your abdominals to support the low back. Exhaling, begin to bring the belly button in towards the spine and return to neutral or proceed towards Cat Pose.

Repeat 1 Time
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.



Repeat 4 Times
Hold 25 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

PRONE ON ELBOWS - POE

Lying face down, slowly press up and prop yourself up on your elbows.



Repeat 1 Time
Hold 15 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



PRESS UPS

Once the prone elbow stretch above gets easy move on the press ups. Start with 10 seconds and aim for 30 second.

Lying face down, slowly press up and arch your back using your arms.

Play around with your positioning; try keeping your pelvis on the ground, try allowing it to lift off a bit, and a lot.

Use what you feel works best.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



PIRIFORMIS AND HIP STRETCH - SEATED

While sitting in a chair, cross your affected leg on top of the other as shown.

Next, gently lean forward until a stretch is felt along the crossed leg.

Repeat 3 Times
Hold 30 Seconds
Complete 3 Sets
Perform 2 Time(s) a Day



PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

PIRIFORMIS STRETCH - LONG SIT



Sit with one knee straight and the other bent and placed over the opposite knee.

Then gently turn your body towards the bent knee side.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

BUTTERFLY STRETCH



While in a sitting position, bend your knees and place the bottom of your feet together.

Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs.

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

HALF KNEEL HIP FLEXOR STRETCH



While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other hip.

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day