

▶ Click for video

SITTING BOW AND ARROW ▶



SEATED SIDE REACH ▶



HIP FLEXOR STRETCH ▶



TOE TOUCH ▶



THE CAT ▶



CHILD'S POSE ▶



5

6

7

8

9

10

11

INTERNAL ROTATION LYING DOUBLE LEG ▶



FLOOR SUPERMAN TWO LEGS TWO ARMS ▶



SINGLE LEG BACK STRETCH ▶



SUPINE LUMBAR TWIST STRETCH ▶



LUMBAR MOBILISATION LYING ▶



Repeat each exercise 3-5 times holding each one for 5-10 seconds

Perform single leg exercises on both legs

If an exercise causes pain, stop and move onto the next exercise

# Morning Stretch Routine for Healthy Posture

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