

1 **CHILD'S POSE** ▶
 2 **THE CAT** ▶
 3 **TOE TOUCH** ▶
 4 **HIP FLEXOR STRETCH** ▶
 5 **SEATED SIDE REACH** ▶
 6 **SITTING BOW AND ARROW** ▶
 7 **INTERNAL ROTATION LYING DOUBLE LEG** ▶
 8 **FLOOR SUPERMAN TWO LEGS TWO ARMS** ▶
 9 **SINGLE LEG BACK STRETCH** ▶
 10 **SUPINE LUMBAR TWIST STRETCH** ▶
 11 **LUMBAR MOBILISATION LYING** ▶

▶ Click for video
 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

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2020