

MORNING STRETCH ROUTINE

1 In Bed Lumber Rock

Before you even think about getting out of bed, prime your lower back.

Lie on your back with your knees bent and feet flat on the mattress. Gently rock both knees side to side in a small, controlled arc.

This gently introduces rotational movement to the lumbar vertebrae without the stress of weight-bearing gravity.



2 Segmental Cat-Cow

Once your feet hit the floor, drop into an all-fours position on a mat.

Inhale, drop your belly, and lift your chest into 'Cow'. Exhale, dome your back toward the ceiling, and tuck your chin into 'Cat'.

Move slowly, imagining each individual vertebra moving one by one like a row of falling dominoes.

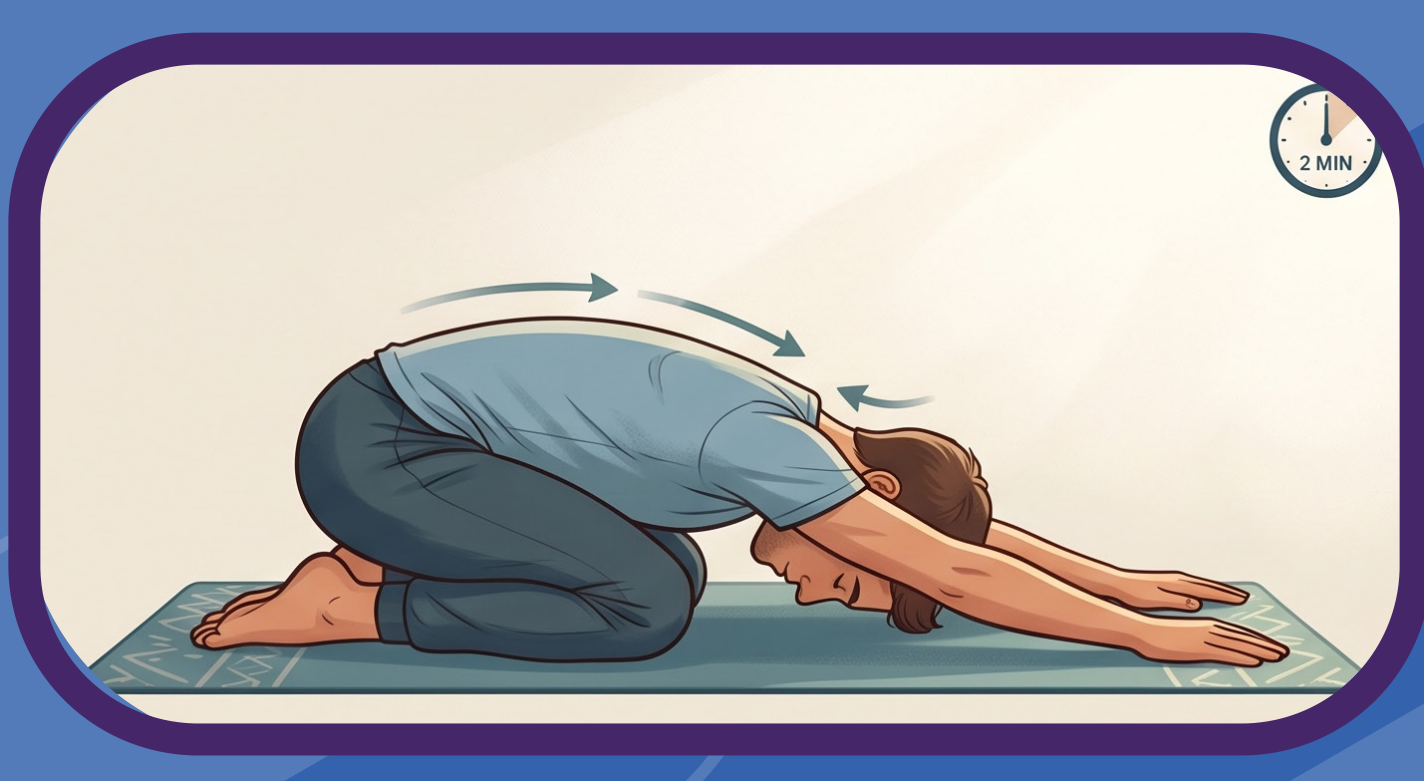


3 Decompression Pose

Excellent for opening up the thoracic spine (mid-back) and relieving tension between the shoulder blades.

From all fours, sit your hips back onto your heels and extend your arms forward on the floor.

Walk your hands slightly to the left for three breaths to stretch the right side of your torso, then switch sides.



4 Postural Wall Slide

This is your proactive defence against the slouching that dominates modern life.

Stand with your heels, buttocks, upper back, and head flat against a wall. Raise your arms to a 90-degree "W" shape, then slowly slide them up into a "Y" while keeping full contact with the wall.

It instantly activates the lower trapezius and rhomboids, resetting your shoulder blades and removing pressure from your cervical spine.

