

# MOVE WITH EASE

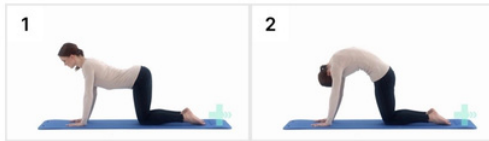
Move with Ease: Explore five easy-to-implement exercises that promote flexibility, strengthen muscles, and enhance spinal stability. These exercises can be seamlessly integrated into your daily routine, empowering you to prioritise your spinal health without disrupting your busy schedule.

By incorporating these five exercises into your daily routine, you can enhance spinal flexibility, strengthen supporting muscles, and improve overall spinal health.

Remember, consistency is key. Start with a few repetitions and gradually increase as you become more comfortable. They should be comfortable to do. If you have any pain or queries, please consult your Physiotherapist.

3 Sets / 10 Reps / 3 s hold

### 1. Cat and camel pose



Start on your hands and knees with your back in a neutral position.

Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.

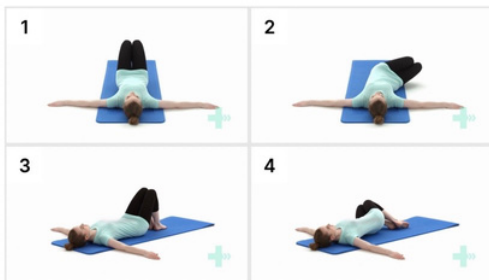
Hold this position.

Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.

Hold this position, and then repeat.

*The above reps and sets is just a guide. Daily or as regularly as you like throughout the day for movement breaks.*

1 Set / 5 Reps / 1 s hold



### 2. Supine spinal rotation

Lie on your back with your knees bent and your feet flat on the floor.

Stretch your arms out to the sides and keep your shoulders on the mat at all times.

Keeping your knees together, drop them down to one side.

Return to the starting position, and take your knees across to the opposite side.

Only drop your knees as far as you go comfortably.

*Daily*

1 Set / 5 Reps

### 3. Bird dog



Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

Tighten the abdominal core muscles.

Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.

Do not allow your body or hips to rotate.

Repeat on the other side.

1 Set / 5 Reps / 2 s hold

### 4. Bridge on the floor



Lie on your back with your knees bent and your feet flat on the floor.

Tighten your buttock muscles and lift your hips up into the bridge position.

Make sure you keep your hips up and level throughout the movement.

*Daily.*

1 Set / 2 Reps / 30 s hold

### 5. Plank



Lie on your front with your toes on the floor.

Place your forearms on the floor and push up, lifting your torso and legs.

Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.

Keep your buttocks squeezed and your hips level.

You will feel the core muscles working.

*Daily*