



1: Spine Flexion Stretch Seated

- Sit in chair with feet shoulder width apart
- Lean forward, relaxing arms and head down toward floor

Reps: 3 Sessions: 2 Everyday **Hold Time: 20s**



2: Cervical Retraction

- Sit or stand in an upright position
- Bring one hand to chin
- Slowly push head straight back
- Return to starting position

Reps: 3 Sessions: 2 Everyday **Hold Time: 20s**



3: Lumbar Mobilization With Towel Roll in Sitting

- Sit in chair
- Towel roll placed horizontally above hips
- Place hands behind head
- Slowly lean upper body backward

Reps: 3 Sessions: 2 Everyday **Hold Time: 20s**



4: Extension - Prone Press Up

- Lie on stomach
- Place both hands flat on surface a little wider than your shoulders
- Press up lifting upper body only off surface
- Return to starting position

Reps: 3 Sessions: 2 Everyday **Hold Time: 20s**