

POST-LUMBAR SPINE SURGERY REHABILITATION LEVEL 3 EXERCISES

Advanced exercises to restore strength, flexibility, endurance and functional performance for a return to active and independent living.

(12+ WEEKS
POST SURGERY)

GENERAL GUIDELINES



Do exercises slowly



Pain free movements



Repeat regularly 2-3 times daily



Stop if pain increases

1 SINGLE LEG BRIDGE



Step 1: Lie on your back with knees bent.
Step 2: Lift one leg and raise your hips up.
Step 3: Squeeze your glutes and hold.
Step 4: Slowly lower down and repeat.

10-15 times each leg | Repeat 2-3 times

2 BIRD DOG WITH HOLD



Step 1: Start on your hands and knees.
Step 2: Extend opposite arm and leg.
Step 3: Hold for 5 seconds, keeping your back and hips stable.
Step 4: Return and repeat on other side.

10-15 times each side | Repeat 2-3 times

3 PLANK (ELBOW)



Step 1: Lie on your stomach and prop up on forearms and toes.
Step 2: Keep your body in a straight line.
Step 3: Tighten your core and hold.

Hold for 20-45 seconds | Repeat 3 times

4 SIDE PLANK (ELBOW)



Step 1: Lie on your side and prop up on your elbow.
Step 2: Lift your hips up, keeping your body in a straight line.
Step 3: Hold the position.
Step 4: Repeat on the other side.

Hold for 15-30 seconds each side | Repeat 3 times

5 SQUAT TO CHAIR



Step 1: Stand in front of a chair, feet hip-width apart.
Step 2: Slowly lower down and lightly touch the chair.
Step 3: Push through your heels and stand up.
Step 4: Keep your chest up and core engaged.

10-15 times | Repeat 2-3 times

6 REVERSE LUNGE



Step 1: Stand tall with feet hip-width apart.
Step 2: Step one leg back and lower your body until both knees are bent.
Step 3: Push through the front heel and return.
Step 4: Repeat on the other leg.

10-15 times each leg | Repeat 2-3 times

7 PALLOF PRESS (WITH BAND)



Step 1: Attach a resistance band at chest level.
Step 2: Hold the band close to your chest.
Step 3: Press your arms forward and hold.
Step 4: Slowly return to start.

10-15 times each side | Repeat 2-3 times

8 STEP-UPS (HIGHER STEP)



Step 1: Step up with one foot onto a higher step.
Step 2: Bring the other foot up.
Step 3: Step down slowly.
Step 4: Repeat with the other leg.

10-15 times each leg | Repeat 2-3 times

IMPORTANT NOTES



- Warm up before starting and cool down after.
- Focus on proper form and core control.
- Do not push into pain.
- Progress gradually and listen to your body.
- Stay consistent for the best results.

BENEFITS OF LEVEL 3 EXERCISES



Improves overall strength



Enhances spinal stability



Improves endurance & performance



Better balance & coordination



Supports return to active lifestyle

STOP AND CONSULT YOUR DOCTOR IF YOU HAVE:



- Increased pain during or after exercises
- Numbness, tingling or weakness in legs
- Loss of bladder or bowel control
- Fever, wound redness or discharge

POST-LUMBAR SPINE SURGERY REHABILITATION

LEVEL 2 EXERCISES (6-12 WEEKS POST SURGERY)

These progressive exercises help improve strength, stability, flexibility and functional mobility for a gradual return to daily activities.

GENERAL GUIDELINES



Do exercises slowly



Pain free movements



Repeat regularly 2-3 times daily



Stop if pain increases

1 BRIDGING



- Step 1:** Lie on your back with knees bent and feet flat.
- Step 2:** Tighten your core and glutes, then lift your hips up.
- Step 3:** Hold for a moment and slowly lower down.

10-15 times | Repeat 2-3 times

2 BIRD DOG



- Step 1:** Start on your hands and knees.
- Step 2:** Extend opposite arm and leg straight.
- Step 3:** Hold for a few seconds and return.
- Step 4:** Repeat on the other side.

10 times each side | Repeat 2-3 times

3 FRONT PLANK



- Step 1:** Lie on your stomach and prop up on your forearms and toes.
- Step 2:** Keep your body in a straight line.
- Step 3:** Tighten your core and hold.

Hold for 20-30 seconds | Repeat 3 times

4 SIDE PLANK



- Step 1:** Lie on your side and prop up on your forearm.
- Step 2:** Lift your hips up, keeping your body in a straight line.
- Step 3:** Hold the position.
- Step 4:** Repeat on the other side.

Hold for 15-30 seconds each side | Repeat 3 times

5 DEAD BUG



- Step 1:** Lie on your back, arms towards the ceiling and knees bent.
- Step 2:** Slowly extend opposite arm and leg without touching the floor.
- Step 3:** Return to start and repeat on the other side.

10 times each side | Repeat 2-3 times

6 CLAMSHELLS



- Step 1:** Lie on your side with knees bent and feet together.
- Step 2:** Keeping feet together, lift the top knee up without rolling your hips.
- Step 3:** Hold briefly and slowly lower down.
- Step 4:** Repeat on the other side.

15 times each side | Repeat 2-3 times

7 STEP-UPS



- Step 1:** Step up with one foot onto a step or stable platform.
- Step 2:** Bring your other foot up.
- Step 3:** Step down slowly.
- Step 4:** Repeat with the other leg.

10-15 times each leg | Repeat 2-3 times

8 HIP HINGE (SIT TO STAND)



- Step 1:** Sit on a chair with feet flat.
- Step 2:** Lean forward from your hips and stand up gently.
- Step 3:** Squeeze your glutes at the top and sit down slowly.

10-15 times | Repeat 2-3 times

IMPORTANT NOTES



- Maintain a neutral spine throughout.
- Focus on quality of movement, not speed.
- Stop if you feel increased pain.
- Continue walking as advised.
- Consult your physiotherapist for progression.

BENEFITS OF LEVEL 2 EXERCISES



Improves core strength



Enhances spinal stability



Improves balance & coordination



Increases functional strength



Promotes confidence in daily activities

STOP AND CONSULT YOUR DOCTOR IF YOU HAVE:



- Increased pain during or after exercises
- Numbness, tingling or weakness in legs
- Loss of bladder or bowel control
- Fever, wound redness or discharge

Progress gradually, stay consistent and listen to your body. | Stronger Today, Healthier Tomorrow. | Your Recovery, Our Priority.

POST-LUMBAR SPINE SURGERY REHABILITATION

LEVEL 1 EXERCISES (2-6 WEEKS POST SURGERY)

These basic exercises help reduce pain and stiffness, improve circulation, activate core muscles and promote gentle movement for a safe recovery.

GENERAL GUIDELINES



Do exercises slowly



Pain free movements



Repeat regularly 2-3 times daily



Stop if pain increases

1 DIAPHRAGMATIC BREATHING



- Step 1:** Lie on your back with knees bent and feet flat.
Step 2: Place your hands on your abdomen.
Step 3: Breathe in slowly through your nose, letting your belly rise.
Step 4: Breathe out through your mouth, letting your belly fall.

5 minutes | Repeat several times a day

2 ANKLE PUMPS



- Step 1:** Lie on your back with legs straight.
Step 2: Point your toes away from you.
Step 3: Bring your toes towards you.
Step 4: Repeat the movement.

20 times | Repeat 2-3 times a day

3 QUADRICEPS SETTING



- Step 1:** Lie on your back with legs straight.
Step 2: Tighten the front thigh muscle by pressing the back of your knee down.
Step 3: Hold the contraction.
Step 4: Relax and repeat.

Hold for 5 seconds | Repeat 10 times

4 GLUTEAL SETTING



- Step 1:** Lie on your back with knees bent.
Step 2: Squeeze your buttock muscles gently.
Step 3: Hold the contraction.
Step 4: Relax and repeat.

Hold for 5 seconds | Repeat 10 times

5 PELVIC TILT (POSTERIOR TILT)



- Step 1:** Lie on your back with knees bent.
Step 2: Gently flatten your lower back by tightening your abdominal muscles and tilting your pelvis.
Step 3: Hold for 5 seconds.
Step 4: Relax and repeat.

Hold for 5 seconds | Repeat 10 times

6 HEEL SLIDES



- Step 1:** Lie on your back with one knee bent and the other leg straight.
Step 2: Slowly slide the heel of the straight leg towards your buttocks.
Step 3: Slide back to the starting position.
Step 4: Repeat with the other leg.

10 times each leg | Repeat 2 times

IMPORTANT NOTES



- Perform exercises on a firm surface.
- Do not twist or bend your back.
- Move within a comfortable range.
- Mild discomfort is normal, but stop if pain increases.
- Walk as advised by your doctor.



Reduces pain and stiffness



Improves blood circulation



Activates core muscles



Supports healing and mobility



Helps return to daily activities

BENEFITS OF LEVEL 1 EXERCISES

STOP AND CONSULT YOUR DOCTOR IF YOU HAVE:



- Increased pain during or after exercises
- Numbness, tingling or weakness in legs
- Loss of bladder or bowel control
- Fever, wound redness or discharge

Consistency is the key to a safe and successful recovery.

Always follow your surgeon and physiotherapist's advice.

Do not rush – healing takes time.

SCIATICA EXERCISES

These gentle exercises help reduce pressure on the sciatic nerve, relieve pain, improve flexibility and strengthen the supporting muscles.

GENERAL GUIDELINES



Do exercises slowly



Pain free movements



Repeat regularly 2-3 times daily



Stop if pain increases

1 NERVE GLIDING (SUPINE)



- Step 1: Lie on your back. Hold the back of your thigh or use a towel/strap.
- Step 2: Gently straighten your knee until you feel a mild stretch behind your thigh/calf.
- Step 3: Bend your knee and return.
- Step 4: Repeat on the other leg.

Repeat 10-15 times each leg

2 KNEE TO CHEST STRETCH



- Step 1: Lie on your back with legs straight.
- Step 2: Bring one knee towards your chest and hold with both hands.
- Step 3: Hold for the recommended time and return.
- Step 4: Repeat with the other leg.

Hold for 20-30 seconds each leg | Repeat 3 times

3 PIRIFORMIS STRETCH (FIGURE-4 STRETCH)



- Step 1: Lie on your back and cross one ankle over the opposite knee.
- Step 2: Hold the back of your thigh and gently pull it towards your chest.
- Step 3: You should feel a stretch in the buttock.
- Step 4: Repeat with the other leg.

Hold for 20-30 seconds each leg | Repeat 3 times

4 HAMSTRING STRETCH (SEATED)



- Step 1: Sit with one or both legs straight.
- Step 2: Keep your back straight and lean forward from your hips.
- Step 3: Hold your foot or use a towel for support.
- Step 4: Hold the stretch and relax.

Hold for 20-30 seconds each leg | Repeat 3 times

5 PRESS-UP (EXTENSION IN LYING)



- Step 1: Lie on your stomach.
- Step 2: Place your hands under your shoulders.
- Step 3: Gently press up and lift your chest while keeping your hips on the floor.
- Step 4: Hold for a few seconds and slowly lower down.

Repeat 10 times

6 CAT-COW STRETCH



- Step 1: Start on your hands and knees.
- Step 2: Arch your back up (Cat) and tuck your chin in.
- Step 3: Slowly drop your belly down and lift your head up (Cow).
- Step 4: Repeat slowly.

Repeat 10-15 times

7 STANDING NERVE STRETCH



- Step 1: Stand tall and place one heel on a step or chair.
- Step 2: Keep your back straight and lean forward from your hips.
- Step 3: You should feel a gentle stretch behind your leg.
- Step 4: Return and switch legs.

Hold for 20-30 seconds each leg | Repeat 3 times

8 GLUTE STRETCH (SEATED)



- Step 1: Sit and cross one ankle over the opposite knee.
- Step 2: Hold the thigh and gently pull it towards your chest.
- Step 3: Keep your back straight and feel the stretch in your buttock.
- Step 4: Hold and repeat with the other side.

Hold for 20-30 seconds each leg | Repeat 3 times

IMPORTANT NOTES



- Perform exercises slowly and in a pain-free range.
- Do not bounce or push into pain.
- Stop if you feel increased pain, tingling or numbness.
- Consistency is important for long-term relief.

BENEFITS OF SCIATICA EXERCISES



Reduces pain & inflammation



Reduces pressure on sciatic nerve



Improves flexibility



Strengthens core & back muscles



Improves posture & mobility

STOP AND CONSULT YOUR DOCTOR IF YOU HAVE:



- Pain getting worse during or after exercises
- Numbness, tingling or weakness in legs
- Loss of bladder or bowel control
- Severe or constant pain

★ Move gently, stay consistent, live pain-free.

A strong spine leads to an active life.

Always consult a spine specialist for a personalized treatment plan.

STRETCHING EXERCISES

Stretching improves flexibility, reduces muscle tension, enhances blood flow and helps relieve back, neck and leg pain.

GENERAL GUIDELINES



Do exercises slowly



Pain free movements



Repeat regularly 2-3 times daily



Stop if pain increases

1 NECK SIDE STRETCH



- Step 1:** Sit or stand tall.
Step 2: Gently tilt your head to one side, bringing your ear towards your shoulder.
Step 3: Hold and repeat on the other side.

Hold for 15-20 seconds each side | Repeat 3 times

2 NECK ROTATION STRETCH



- Step 1:** Sit or stand tall with good posture.
Step 2: Slowly turn your head to look over your shoulder.
Step 3: Hold and repeat on the other side.

Hold for 15-20 seconds each side | Repeat 3 times

3 UPPER TRAPEZIUS STRETCH



- Step 1:** Sit or stand tall.
Step 2: Place your right hand on the left side of your head and gently pull towards the right.
Step 3: Hold and repeat on the other side.

Hold for 15-20 seconds each side | Repeat 3 times

4 CHEST STRETCH (DOORWAY)



- Step 1:** Stand in a doorway with your forearms on the doorframe.
Step 2: Step forward gently and feel a stretch in your chest.
Step 3: Hold and relax.

Hold for 20-30 seconds | Repeat 3 times

5 HAMSTRING STRETCH (SEATED)



- Step 1:** Sit with one leg extended and the other bent.
Step 2: Keep your back straight and reach forward towards your toes.
Step 3: Hold and switch legs.

Hold for 20-30 seconds each side | Repeat 3 times

6 LOWER BACK STRETCH (KNEE TO CHEST)



- Step 1:** Lie on your back with legs straight.
Step 2: Bring one knee towards your chest and hold with both hands.
Step 3: Hold and repeat with the other leg.

Hold for 20-30 seconds each side | Repeat 3 times

7 CAT-COW STRETCH



- Step 1:** Start on your hands and knees.
Step 2: Arch your back up and tuck your chin in (Cat).
Step 3: Slowly drop your belly down and lift your head up (Cow).
Step 4: Repeat slowly.

Repeat 10-15 times

8 CALF STRETCH (WALL)



- Step 1:** Stand facing a wall with one foot forward.
Step 2: Keep your back leg straight and heel on the ground.
Step 3: Lean forward gently until you feel a stretch in your calf.

Hold for 20-30 seconds each side | Repeat 3 times

IMPORTANT NOTES



- Perform all stretches slowly and gently.
- Do not bounce or push into pain.
- Breathe normally during each stretch.
- Stretch after light activity or warm-up for better results.

BENEFITS OF STRETCHING



Improves flexibility



Reduces muscle tension & stiffness



Improves posture & mobility



Enhances blood circulation



Relieves stress & promotes relaxation

STOP AND CONSULT YOUR DOCTOR IF YOU HAVE:



- Increased pain during or after stretching
- Numbness, tingling or weakness
- Pain radiating to arms or legs
- Loss of bladder or bowel control

Consistency is the key. Stretch daily to stay flexible, move pain-free and live better.

Always consult a spine specialist for a personalized treatment plan.

CORE STRENGTHENING EXERCISES

Strong core muscles support your spine, improve posture, reduce back pain and help in everyday activities.

GENERAL GUIDELINES



Do exercises slowly



Pain free movements



Repeat regularly
2-3 times daily



Stop if pain increases

1 PELVIC TILT (ABDOMINAL BRACING)



Step 1

Step 2

Step 1: Lie on your back with knees bent and feet flat on the floor.

Step 2: Tighten your abdominal muscles and gently flatten your lower back into the floor.

Step 3: Hold and breathe normally.

Hold for 5 seconds | Repeat 10-15 times

2 BRIDGING



Step 1

Step 2

Step 1: Lie on your back with knees bent.

Step 2: Tighten your core and lift your hips up, making a straight line from shoulders to knees.

Step 3: Hold and slowly lower down.

Hold for 5 seconds | Repeat 10-15 times

3 DEAD BUG



Step 1

Step 2

Step 1: Lie on your back, arms towards the ceiling and knees bent.

Step 2: Slowly extend your opposite arm and leg without touching the floor.

Step 3: Return to start and repeat on the other side.

Repeat 10 times each side

4 PLANK (FOREARM PLANK)



Step 1: Lie on your stomach and lift your body on your forearms and toes.

Step 2: Keep your body in a straight line.

Step 3: Tighten your core and hold the position.

Hold for 20-30 seconds | Repeat 3 times

5 BIRD DOG



Step 1

Step 2

Step 1: Start on your hands and knees.

Step 2: Extend opposite arm and leg straight.

Step 3: Hold for a moment and return.

Step 4: Repeat on the other side.

Hold for 5 seconds | Repeat 10 times each side

6 SIDE PLANK



Step 1: Lie on your side and support your body on your forearm and feet.

Step 2: Lift your hips up, keeping your body in a straight line.

Step 3: Hold the position and return.

Hold for 15-20 seconds each side | Repeat 3 times

IMPORTANT NOTES



- Perform exercises slowly and in a pain-free range.
- Breathe normally. Do not hold your breath.
- Consistency is important for good results.
- Strengthen your core 3-5 times a week.

BENEFITS OF A STRONG CORE



Reduces back pain



Improves stability



Better posture



Enhances performance



Supports spine & prevents injury

STOP AND CONSULT YOUR DOCTOR IF YOU HAVE:



- Increased pain during or after exercises
- Numbness, tingling or weakness
- Pain radiating to arms or legs
- Loss of bladder or bowel control

★ Strong Core. Strong Spine. Better Life.

Stay consistent and move towards a pain-free, active life!

Always consult a spine specialist for a personalized treatment plan.

McKENZIE EXERCISES

McKenzie exercises are effective for managing lower back pain, improving mobility and reducing pain by promoting proper movement and posture.

GENERAL GUIDELINES



Do exercises slowly



Pain free movements



Repeat regularly 2-3 times daily



Stop if pain increases

1 Lying Flat (Relaxation Position)



- Step 1:** Lie on your back with your legs straight.
Step 2: Relax your entire body.
Step 3: Stay in this position for 1-2 minutes.

Hold for 1-2 minutes | Repeat 2-3 times

2 Pelvic Tilt



- Step 1:** Lie on your back with knees bent.
Step 2: Gently flatten your lower back by tightening your stomach muscles and tilting your pelvis.
Step 3: Hold and then relax.

Hold for 5 seconds | Repeat 10 times

3 Press-Up (Extension in Lying)



- Step 1:** Lie on your stomach with your hands near your shoulders.
Step 2: Gently press up on your hands and lift your chest while keeping your hips on the floor.
Step 3: Hold and then slowly lower down.

Hold for 5 seconds | Repeat 10 times

4 Press-Up (Extension in Lying on Elbows)



- Step 1:** Lie on your stomach and prop yourself up on your elbows.
Step 2: Press up further on your hands.
Step 3: Hold and then slowly lower down.

Hold for 5 seconds | Repeat 10 times

5 Press-Up (Full Extension)



- Step 1:** Lie on your stomach and place your hands under your shoulders.
Step 2: Press up fully, straightening your arms and arching your back comfortably.
Step 3: Hold and then slowly lower down.

Hold for 5 seconds | Repeat 10 times

6 Sitting Extension



- Step 1:** Sit upright on a chair.
Step 2: Place your hands on your lower back and gently lean backward.
Step 3: Hold and then return to the sitting position.

Hold for 5 seconds | Repeat 10 times

IMPORTANT NOTES

- Perform exercises slowly and in a pain-free range.
- These exercises are most effective when done regularly.
- You may feel mild discomfort initially, but pain should centralize (move towards the back).

BENEFITS OF MCKENZIE EXERCISES



Reduces back pain



Improves mobility



Promotes proper posture



Helps prevent recurrence

STOP AND CONSULT YOUR DOCTOR IF YOU HAVE:



- Increased pain during or after exercises
- Pain radiating further down the leg
- Numbness, weakness or tingling
- Loss of bladder or bowel control

Consistency is the key. Do these exercises regularly for better results.

Always consult a spine specialist for a personalized treatment plan.

ISOMETRIC NECK STRENGTHENING EXERCISES

Isometric exercises strengthen the neck muscles without moving the neck. They help reduce pain, improve stability and support better posture.

GENERAL GUIDELINES



Do exercises slowly



Pain free movements



Repeat regularly 2-3 times daily



Stop if pain increases

1 ISOMETRIC NECK FLEXION (FRONT PRESS)



- Step 1:** Place your palms on your forehead.
- Step 2:** Gently press your head forward into your hands. Do not move your neck. Hold and relax.

Hold for 5 seconds | Repeat 10 times

2 ISOMETRIC NECK EXTENSION (BACK PRESS)



- Step 1:** Place your palms at the back of your head.
- Step 2:** Gently press your head backward into your hands. Do not move your neck. Hold and relax.

Hold for 5 seconds | Repeat 10 times

3 ISOMETRIC NECK SIDE BENDING (SIDE PRESS)



- Step 1:** Place your right hand on the right side of your head.
- Step 2:** Gently press your head towards your right shoulder. Do not move your neck. Hold and relax.

Hold for 5 seconds each side | Repeat 10 times

4 ISOMETRIC NECK ROTATION (ROTATION PRESS)



- Step 1:** Place your right hand on the right side of your head (near the ear).
- Step 2:** Gently try to turn your head to the right while pressing with your hand. Do not move your neck. Hold and relax.

Hold for 5 seconds each side | Repeat 10 times

5 ISOMETRIC NECK RETRACTION (CHIN BACK) (POSTERIOR GLIDE)



- Step 1:** Place your index and middle finger on your chin.
- Step 2:** Gently pull your chin straight backward (as if making a double chin). Do not tilt your head. Hold and relax.

Hold for 5 seconds | Repeat 10 times

6 ISOMETRIC NECK LATERAL FLEXOR SET



- Step 1:** Place your right hand on the right side of your neck.
- Step 2:** Gently press your head to the right side into your hand. Do not move your neck. Hold and relax.

Hold for 5 seconds each side | Repeat 10 times

IMPORTANT NOTES

- Perform all exercises slowly and in a pain-free range.
- Do not hold your breath.
- Maintain a good posture while exercising.

- These exercises help strengthen neck muscles gently.
- Consistency is important for long-term results.
- Stop if you feel pain, dizziness or increased symptoms.



If you have severe pain, dizziness, headache, numbness or weakness in your arms or legs, stop the exercises and consult your doctor.

POSTURE CORRECTION EXERCISES

These exercises help improve posture, reduce muscle strain and prevent neck, shoulder and back pain.

GENERAL GUIDELINES



Do exercises slowly



Pain free movements



Repeat regularly 2-3 times daily



Stop if pain increases

1 CHEST OPENER (DOORWAY STRETCH)



Step 1: Stand in a doorway with your elbows at 90° and arms on the door frame.
Step 2: Gently step forward and feel a stretch in your chest. Keep your back straight.

Hold for 15-20 seconds | Repeat 3 times

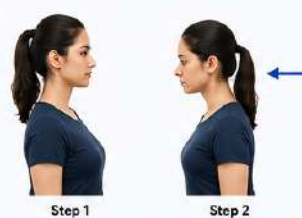
2 SHOULDER BLADE SQUEEZE (SCAPULAR RETRACTION)



Step 1: Sit or stand with a good posture. Keep your arms relaxed.
Step 2: Squeeze your shoulder blades together and hold. Do not shrug your shoulders.

Hold for 5 seconds | Repeat 15 times

3 CHIN TUCK



Step 1: Sit or stand with a good posture.
Step 2: Gently tuck your chin in by sliding your head straight back. Hold.

Hold for 5 seconds | Repeat 15 times

4 WALL POSTURE



Step 1: Stand with your back, shoulders and hips against the wall.
Step 2: Keep head, shoulder blades, hips and heels touching the wall. Hold.

Hold for 20-30 seconds | Repeat 3 times

5 UPRIGHT ROW (WITH BAND)



Step 1: Hold the band with both hands in front.
Step 2: Pull the band up towards your chest by squeezing your shoulder blades.

Repeat 15 times

6 THREAD THE NEEDLE



Step 1: Start on your hands and knees.
Step 2: Slide one arm under the other and rotate your upper body. Return and repeat.

Repeat 10 times each side

7 LOWER TRAPEZIUS STRENGTHENING



Step 1: Lie on your stomach with arms extended.
Step 2: Lift your arms in a Y position by squeezing your lower shoulder blades. Hold.

Hold for 5 seconds | Repeat 15 times

8 POSTURE AWARENESS



Sit tall, keep your shoulders relaxed and avoid slouching. Be aware of your posture throughout the day.

Practice daily

IMPORTANT NOTES

- Perform all exercises slowly and in a pain-free range.
- Do not hold your breath.

- Maintain a good posture while sitting, standing and working.
- Consistency is key for long-term improvement.



If you have severe pain, dizziness, headache, numbness or weakness in your arms or legs, stop the exercises and consult your doctor.

CERVICAL MOBILITY EXERCISES

These exercises help improve neck flexibility, reduce stiffness and pain, and support better posture and daily function.

GENERAL GUIDELINES


Do exercises slowly


Pain free movements


Repeat regularly 2-3 times daily


Stop if pain increases

1 NECK FLEXION (CHIN TUCK)



Step 1: Sit or stand with a good posture, look straight.
Step 2: Gently pull your chin straight back, creating a double chin. Hold.
Hold for 5 seconds | Repeat 10 times

2 NECK EXTENSION



Step 1: Sit or stand with a good posture.
Step 2: Slowly tilt your head backward and look up. Hold.
Hold for 5 seconds | Repeat 10 times

3 NECK SIDE BENDING



Step 1: Sit or stand with a good posture.
Step 2: Tilt your head towards your shoulder. Keep shoulders relaxed. Hold and return.
Hold for 5 seconds each side | Repeat 10 times

4 NECK ROTATION



Step 1: Sit or stand with a good posture.
Step 2: Turn your head slowly to one side as far as comfortable. Hold and return.
Hold for 5 seconds each side | Repeat 10 times

5 CHIN TUCK WITH ROTATION



Step 1: Sit or stand with a good posture.
Step 2: Tuck your chin.
Step 3: With chin tucked, turn your head to one side. Hold and return.
Hold for 5 seconds each side | Repeat 10 times

6 UPPER TRAPEZIUS STRETCH



Step 1: Sit or stand with a good posture.
Step 2: Gently tilt your head to one side using your hand for a gentle stretch. Hold and return.
Hold for 15-20 seconds each side | Repeat 3 times

IMPORTANT NOTES

- Perform all exercises slowly and in a pain-free range.
- Do not force any movement.

- Breathe normally while exercising.
- Consistency is important for good results.



If you have severe pain, dizziness, headache, imbalance, numbness or weakness in the arms, stop the exercises and consult your doctor.