

# 5 STRETCHES TO IMPROVE MOBILITY

BEFORE YOUR FIRST PHYSIO APPOINTMENT



# Booked your first physio appointment?

## Awesome!

Whether you're dealing with back pain, knee stiffness, or shoulder tightness, a little movement before your session can make a big difference.

**Here's the good news: You don't have to wait until your appointment to start feeling better!**

A few simple stretches can help you loosen up and give your body a head start on recovery.

Ready to feel better and move more freely? Let's get started with these 5 easy stretches that are safe, gentle, and designed to help you move with ease.



# CAT / COW STRETCH

## Why It Helps:

- Gently stretches the spine, lower back, and core to reduce stiffness.
- Improves flexibility in the back while also encouraging better posture.

## How to Do It:

1. Get on your hands and knees (like a tabletop position).
2. Inhale as you arch your back, lifting your head and tailbone (Cow Pose).
3. Exhale as you round your back, tucking your chin and pulling your belly in (Cat Pose).
4. Repeat 8-10 times with slow, controlled breaths.



# SEATED FIGURE-4 STRETCH

## Why It Helps:

- Stretches the glutes and hip muscles, which can relieve knee pain.
- Great for runners and anyone with tight hips or IT band stiffness.

## How to Do It:

1. Sit on a chair with both feet flat on the floor.
2. Cross one ankle over the opposite knee, creating a figure-four shape.
3. Keep your back straight and gently lean forward until you feel a stretch in your hip.
4. Hold for 20-30 seconds, then switch sides.



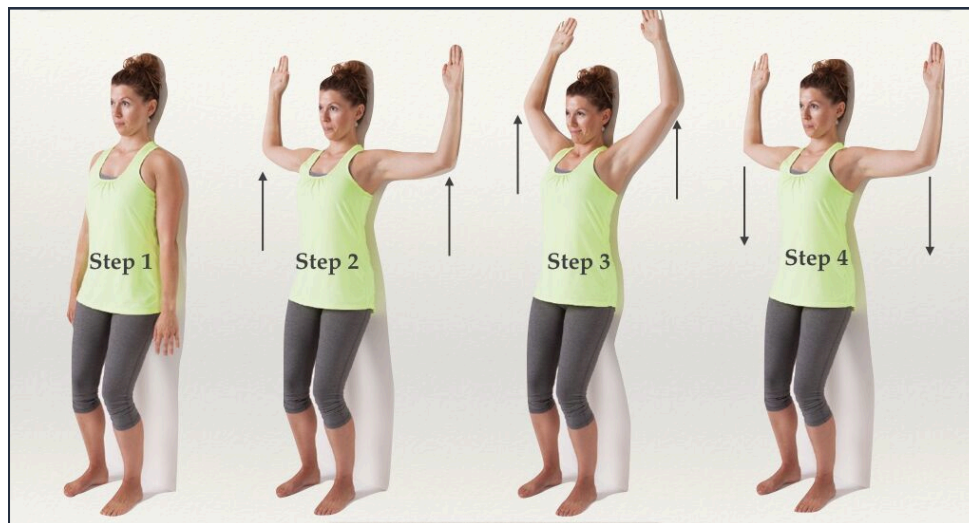
# WALL ANGELS

## Why It Helps:

- Loosens up tight shoulders and improves upper back mobility.
- Helps correct poor posture (especially if you sit at a desk all day).

## How to Do It:

1. Stand with your back against a wall and feet a few inches away.
2. Bring your arms up like a goalpost (elbows bent at 90 degrees).
3. Slowly raise and lower your arms against the wall, as if making a snow angel.
4. Do 10 slow reps, keeping your back flat against the wall.



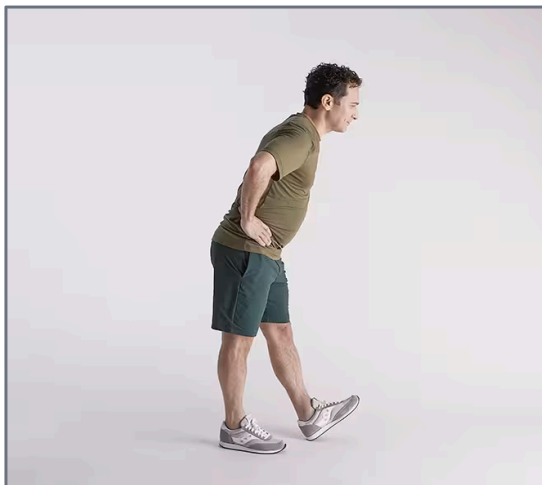
# HAMSTRING STRETCH

## Why It Helps:

- Loosens hamstrings and lower back, reducing strain on the spine.
- Helps with knee flexibility and overall leg mobility.

## How to Do It:

1. Stand or sit on a chair and extend one leg out straight.
2. Keep your back straight and hinge forward from the hips until you feel a stretch.
3. Hold for 20-30 seconds, then switch sides.



# CHILD'S POSE

## Why It Helps:

- A great gentle stretch for the spine, hips, and shoulders.
- Reduces tension and stiffness while improving flexibility.

## How to Do It:

1. Kneel on the floor and sit your hips back onto your heels.
2. Extend your arms forward and rest your forehead on the floor.
3. Hold the stretch for 30 seconds, breathing deeply.



# Stretch It Out & Stay Moving!

Try these five stretches to get your body moving before your physio session. They'll help loosen up tight muscles, improve mobility, and have you feeling more ready for your appointment.

And just a heads-up—if any stretch causes sharp pain, stop right away and let your physio know!

## **Haven't booked an appointment yet?**

Call us or book online today!

## Two Convenient Locations:

### **Main Clinic**

421 St. Clair Street  
Chatham, ON

### **South Chatham**

40 Beatty Street  
Chatham, ON

## Contact

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