

Gentle Mobility for a Happier You

Simple stretches you can do at home

♥ Move gently • Breathe deeply • Feel better ♥

Take it one step at a time! ♥

1 Thread the Needle

Increases upper back mobility and releases tension.

1. Start on hands and knees, wrists under shoulders and knees under hips.
2. Slide your right arm under your left arm, palm facing up.
3. Lower your right shoulder and side of your head toward the mat.
4. Keep hips gently over knees and breathe normally.
5. Hold 20–30 seconds, then switch sides.



Rotate gently through your upper back.

2 World's Greatest Stretch

Opens hips, stretches hip flexors and improves thoracic rotation.

1. Begin in a high lunge with your right foot forward and left leg extended behind.
2. Place both hands inside your front foot.
3. Keep your back leg long and hips gently lowered.
4. Lift your right hand and rotate your chest toward the front leg, reaching upward.
5. Return slowly and repeat, then switch sides.



Reach up and turn through your chest.

3 Kneeling Hip Flexor Stretch

Stretches the front of the hip and improves hip mobility.

1. Kneel with your left knee on a soft mat and right foot forward.
2. Keep chest tall and gently tuck pelvis under.
3. Shift forward slightly until you feel a stretch at the front of your left hip.
4. Do not arch your lower back.
5. Hold 20–30 seconds, then switch sides.



Keep your ribs down and pelvis gently tucked.

4 Chin Tucks

Improves neck alignment and reduces forward head posture.

1. Sit or stand tall with shoulders relaxed.
2. Gently slide chin straight back like making a double chin.
3. Keep eyes level and avoid tilting head up or down.
4. Hold 5 seconds, then relax.
5. Repeat 10–15 times.



Chin back, not down.

5 Wall Angel

Improves shoulder mobility, posture and upper back flexibility.

1. Stand with back against a wall, feet slightly forward.
2. Keep lower back, head and shoulders touching the wall.
3. Raise arms to a goal-post position (elbows at 90°, palms forward).
4. Slowly slide arms overhead, keeping contact with the wall, then back down.
5. Repeat 10–15 times.



Start position



Slide up and down

Keep your back, head and arms against the wall.

Hold:
20–30 seconds
(or 5 seconds for chin tucks)

Breathe:
Slowly and normally.

Tips:
- Move gently
- No bouncing
- Stop if you feel pain or symptoms worsen.

Disclaimer: Please seek advice from relevant healthcare provider.