

Morning Mobility & Strengthening Routine

A gentle, progressive daily program designed to ease your body into movement before starting the day.

General Guidance: Move slowly and comfortably through each exercise. Never push into sharp pain or force your maximum range. Start at the lower end of the recommended repetitions and gradually increase as your confidence and strength improve. <https://ptreha.com/>

1 Knee Bends in Bed

Purpose: Gently introduce movement before getting up.



- Lie on your back with both legs relaxed.
- Slowly bend one knee and straighten it. Repeat with other leg.

Target: 8–10 repetitions per side. Move slowly.

2 Pelvic Tilts

Purpose: Gently move pelvis & lower back through small range.



- Lie on back with knees bent, feet supported on bed.
- Gently tilt pelvis so lower back moves slightly toward bed, then relax.

Target: 8–12 repetitions. Keep movement small & controlled.

3 Lower Trunk Rotation

Purpose: Introduce gentle rotational movement.



- Lie on back with knees bent and feet supported.
- Keep shoulders relaxed; slowly allow both knees to move to one side, return, and switch.

Target: 5–8 repetitions per side. Comfortable range only.

4 Cat-Camel Movement

Purpose: Gently move spine through flexion and extension.

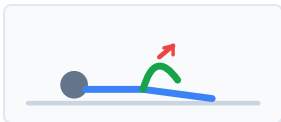


- Start on your hands and knees.
- Slowly round your back, then gradually move toward a neutral or slightly extended position.

Target: 6–10 reps. Skip if floor position is uncomfortable.

Strengthening & Daily Integration

Progressing from mobility toward functional independence and daily activity.

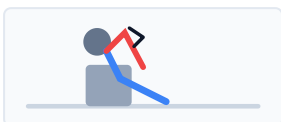


5 Hip Bridge

Purpose: Progress from mobility toward strengthening hips and trunk.

- Lie on your back with your knees bent and feet supported.
- Gently tighten abdominal muscles and squeeze buttocks. Lift hips slowly, then lower with control.

Target: 6–10 repetitions. Focus on control rather than height.



6 Sit-to-Stand

Purpose: Practice functional movement and strengthen legs and hips.

- Sit near the front of a stable chair with feet positioned comfortably underneath.
- Lean trunk slightly forward and stand up, then slowly sit back down.

Target: 6–10 repetitions. Use hands for support initially if needed.



7 Walking

Purpose: Transition smoothly from sleep to normal daily activity.

- After mobility exercises, walk around your home or outdoors at a comfortable pace.
- No fixed distance or duration required—start with what you tolerate well.

Target: Gradual progression based on personal comfort.