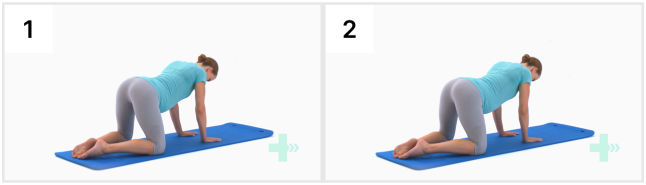
Kearny Wellness
845 Kearny Ave
Kearny, NJ 07032

www.kearnywellness.com

Sets: **1** • Reps: **3** • Hold: **20s**

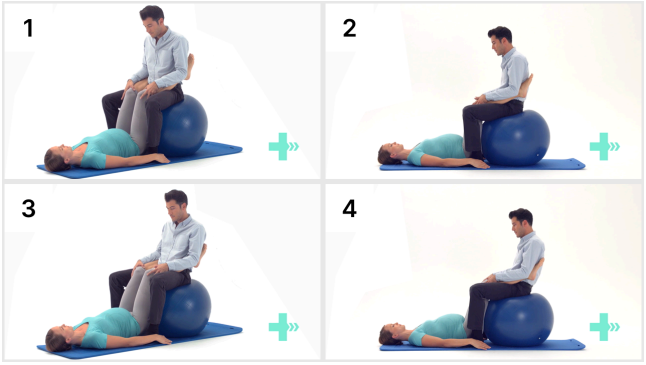
1. "Child's pose" Shoulder/trunk extensors stretch, shifting right/left, quadruped
Start on your hands and knees.
Inhale and flex your entire spine, gently pulling through your navel and tucking your chin in.
Exhale whilst bending your knees to sit down on your heels.
Stay in this position for a moment as you inhale.
Exhale and arch over to your left side, inhale and come back to the central position.
Exhale and arch over the right side.
Continue this movement for a few repetitions.
Returning to the start position inhale and push your shins into the floor, pushing yourself back on to all fours, keeping a c-shaped spine.
Exhale and soften your spine, gently contract your back muscles to increase the extension and relax your abdominal muscles.
Gently inhale and return to a neutral, flat-back position.

Sets: **3** • Reps: **10**



2. "Pregnancy, baby hammock" Sway side to side, in quadruped; 01
Start on your hands and knees with your hands under your shoulders and the knees directly underneath your hips.
Gradually soften your abdominal muscles and gently arch the lumbar spine.
The intention of this exercise is to let the baby very gently and gradually fall into the abdominal wall as if it was a hammock.
Gently sway from side to side to move your tummy and the baby in a gentle and soft motion.

Sets: **3** • Reps: **5**



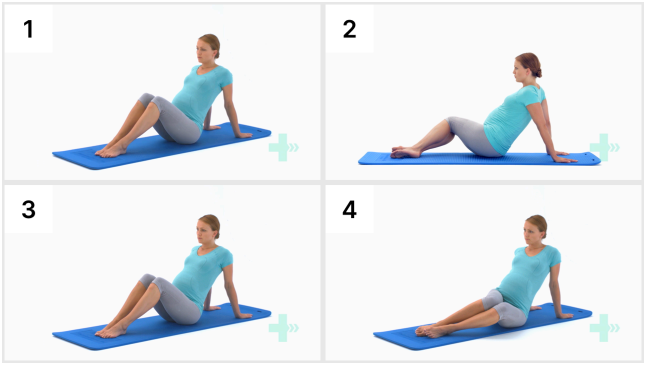
3. Lumbar traction, with assist, legs bent 90/90, supine,
Lie on your back with your partner by a stability ball.
Ask your partner to help you to bend your hips and knees.
Ask your partner to sit on the stability ball with both legs resting on either thigh.
Ensure that they are sitting securely on the ball.
Once your partner is stable sitting on the ball, ask your partner to gently take hold of your knees with both hands and rest both forearms along your shins.
The exercise:
Inhale.
As you exhale, ask your partner to secure your ankles by their sides using both of their elbows and then ask them to lean backwards as your pelvis rises a little from the ground.
Inhale, and control the return back to the floor.
Exhale and inhale as you rest.
Exhale and repeat the movement.
To come out of the position, ask your partner to move your lower legs over to one thigh.
Your partner will then stand up and roll the ball out to one side, then slowly lower your legs to the ground.

Sets: **3** • Reps: **10**

4. "Cat and camel" Trunk flexion/extension AROM, leading with pelvis, quadruped

Start on your hands and knees with a neutral spine.
Tuck your tail bone under, very gradually pull through your navel, and arch your back up, tucking your head in.
To come back from this first stretch, start from your pelvis by arching your lumbar spine, softening your abdominal muscle and allowing your stomach to drop slightly.
Drop the shoulder blades and extend up through your spine, up to your neck.
Hold your head in a neutral position, looking at the floor between your hands.

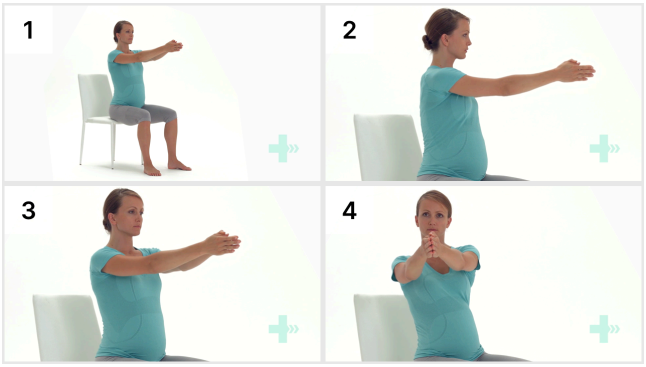
Sets: **3** • Reps: **10**



5. Lower trunk rotation AROM, sitting back on hands

Sit on a mat with your knees bent to 90 degrees, your hands flat behind you with your fingers facing away from you.
In this neutral position, inhale and as you exhale, let both knees drop to the left side until you reach a comfortable stretching position.
Pause here and inhale, and as you exhale, push your left knee into your right knee to bring your knees back up to a neutral position.
Inhale in the neutral position.
Exhale and let both knees drop towards your right side.
Pause in this stretching position, inhale and as you exhale, push your right knee into your left knee to bring both knees back up to a neutral position.

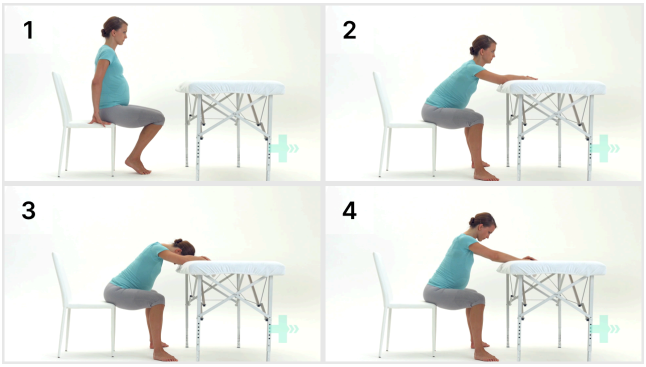
Sets: **3** • Reps: **10**



6. Upper trunk rotation AROM, arms forward - focus breathing, sitting

Start in an upright seated position and move your sitting bones to the edge of the chair.
Place your feet flat on the floor and open your knees slightly.
Raise both arms straight in front of you, and place the palms of your hands together.
Keeping your sitting bones and your pelvis in position, inhale,
As you exhale, rotate to the left.
Inhale as you come back to the centre.
Exhale and rotate to the right.
Inhale as you come back to the centre.
Exhale as you rotate to the left.
Inhale and come back to the centre.
Exhale as you rotate to the right.
Inhale and come back to the centre.
Relax and drop your arms down to your side.
Come back to a neutral position.
Bring your knees together and slide back into your chair.

Sets: **1** • Reps: **3** • Hold: **30s**



7. Posture, back relief, leaning forward onto arms, sitting

Start in a seated position in front of a table, and move forward to the edge of the chair.

Place your feet flat on the floor, and open your knees.

Reach out to the table and first put your hands and then your elbows on the table.

Bring your head down, and rest your forehead on the table.

Rest in this position and use your breathing to allow the curve of your lower back to soften and let your abdomen drop between your thighs.

Stay here for a few minutes.

To come back from this position, first push your hands against the table and then bring your head up.

Put your hands on your thighs and bring your knees and feet together and slide back into your chair.