



Morning Mobility for Stiffness

Why You Feel Stiff

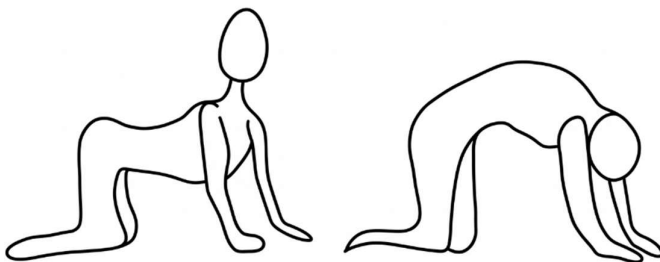
Morning stiffness is common and often happens because the body has been still overnight.

Gentle movement helps restore circulation, improve joint motion, and reduce that “tight” feeling.

Simple Morning Movements

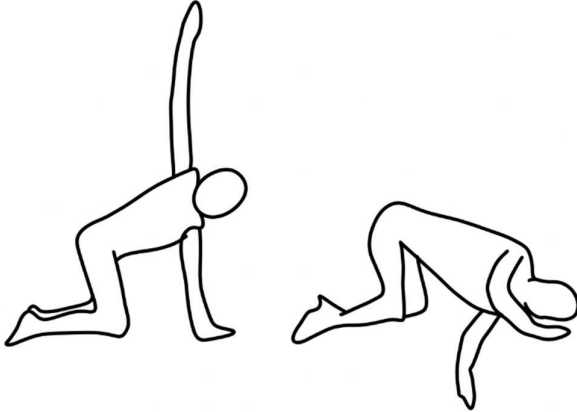
Cat-Cow

Position yourself on all fours; hands under shoulders, knees under hips. Inhale for **Cow**, dropping belly, lifting chest and tailbone. Exhale for **Cat**, rounding spine to ceiling, tucking chin. Repeat 5-8 times.



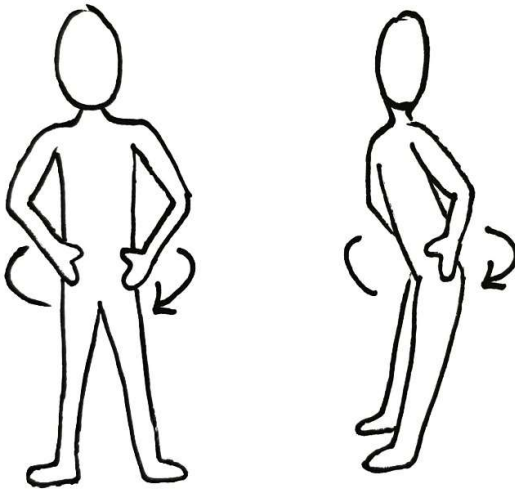
Thread the needle

Position yourself on all fours. Inhale and lift arm around towards the ceiling, exhale and rotated through your midback threading your hand under the underarm of the opposite side. You can hold in this position and take an Inhalation and Exhalation to ease further into the stretch. Unthread and repeat. Perform on opposite side.



Hip Circles

Standing either unsupported or supported (holding onto a bench or the back of a chair) rotate your hips in a circle in one direction (e.g. clockwise) and then in the other direction (e.g. anticlockwise). Repeat 2-3 times in each direction, alternating between sides.



Child pose stretch

Start on all fours with knees apart, reach arms forward and stretch your bottom down towards your heels. Allow your tummy to soften to the floor. Breathe into the stretch for 5-8 deep slow breaths, repeat up to 3 times.



Helpful Tips

- Move slowly
- Breathe steadily
- Stay within comfort
- A few minutes in enough

Takeaway

Morning stiffness is common and often improves with gentle movement.

Consistency matters more than intensity.

How an Exercise Physiologist Can Help

An Exercise Physiologist can help improve mobility safely, build strength alongside flexibility and create a simple routine that fits your day.

Book a personalised Exercise Physiology session with Kita visit www.kitasuggphysiology.com.au