

ARE YOU STIFF, TIGHT AND ACHEY IN THE MORNING?

DO YOU FEEL AS THOUGH YOU CAN BARELY MOVE TO GET OUT OF BED?

A simple maneuver can ease your pain. Before you get out of bed while laying on your back, bend your knees and rest your feet on the bed, then gently rock your knees side to side for 2-3 minutes. Be sure the rocking is no wider than the width of your hips. These are baby rocks!

Then, pull your right knee to your chest and hold that position while you take 5 deep slow breaths in through your nose and slower out of your mouth. Lower that leg and do the same thing with your left leg.

Now, repeat on the right side but this time lift your head so your forehead moves toward your right knee. Once completed, do the same with the left. Do not forget the breathing!

Finally, pull both knees to your chest and take 5 slow deep breaths in through your nose and slower out of your mouth. End the morning bed routine with your baby rocks!

For more information and self-care techniques to ease your pain, contact

Lake Country Physical Therapy and Sports care, PC at 585-396-1400