

The Complete Stretching Guide

Daily Bed Routine and More Stretches for Wheelchair Users

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Wheelchair Wellness

2026

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STOP RIGHT AWAY IF...

Stop the stretch and get medical help if any of these happen during or after a stretch:

- Sudden bad headache, sweating, flushing, goosebumps, blurred vision, or your blood pressure shoots up. These are signs of autonomic dysreflexia — this is a medical emergency.
- Sudden dizziness, lightheadedness, or feeling like you might faint.
- Sharp or sudden pain anywhere in your body — including in an area where you don't have normal feeling. (Watch for changes in spasticity or have someone watch for visible signs.)
- A pop, snap, or grinding feeling.
- New swelling, redness, warmth, or one limb looking different from the other.
- More spasticity than usual, new tremors, or changes in your bladder or bowels.
- Trouble breathing, chest pain, or your heart racing.

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- History of autonomic dysreflexia, low blood pressure when upright, or unstable blood pressure.
- Heterotopic ossification at any joint, or limited range of motion you can't explain.
- Spinal hardware, fusion, rod, halo, or any active spine precautions.
- Recent surgery, fracture, pressure sore, blood clot, or unhealed wound.
- Significant osteoporosis, including the kind that comes with long-term SCI.
- Severe spasticity, tightness, or recent changes in tone.
- Pregnancy, recent abdominal surgery, ostomy, or a catheter.
- Heart, lung, or other conditions that affect what positions you can be in.
- Long-term Inconsistent Stretching.

When in doubt, ask your healthcare team.

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Welcome

This guide has two parts.

Part 1: “The Daily Routine” is six stretches you do in bed every morning before you transfer out for the day. They cover the most universal areas that get tight from being in a wheelchair.

Part 2: “Extra Stretches” are a library of stretches you can use as needed. The medical word for “as needed” is PRN. These aren't part of the daily routine. They're tools to draw on when a specific area gets tight, when you have a specific symptom, or when you have extra time. Some are in-chair stretches you can do throughout the day. If needed, please work any of these into your own daily routine or just use PRN.

Most people don't always need every extra stretch. The point is to know what's available so you can use the right stretch when the right need shows up.

Why Stretching Matters After SCI

If you use a wheelchair, you spend most of your waking hours in a seated position. Over time, this makes the front of your body tight (hips, chest, abdomen, forearms) and the back of your body weaker (back muscles, shoulder blades). The result is rounded posture, sliding down in your chair, skin issues, shoulder pain, carpal tunnel, and tight muscles that get in the way of getting dressed, transferring, doing personal care, and other daily activities.

For people with spinal cord injury, all of this is worse because of paralysis, loss of sensation, and difficulty changing positions throughout the day. The good news: regular gentle stretching keeps your body from getting tight. The bad news: once you've lost flexibility, it's much harder to get it back than to keep it. That's why the daily routine matters even on days when nothing feels tight.

How to Use This Guide

- Start with the daily routine in Part 1. Make it consistent before adding extras.
- Use the extra stretches in Part 2 when a specific area gets tight or you have more time.
- Hold each stretch at least 30 seconds. Longer holds (1 to 2 minutes) work better for SCI.
- Stretching sensation is okay. Sharp pain, AD symptoms, burning, or pinching is not. In areas where you don't have feelings, watch for visible signs and tone changes.
- Doing a little every day is better than doing a lot once a week.

How the Priority Tags Work

Some stretches are tagged with a priority badge to help you know where to focus when time is short:

- **ESSENTIAL** — These stretches address the biggest problems wheelchair users with SCI face. If you skip everything else, do these. They prevent the most common and disabling issues: shoulder pain, tight hip flexors, and tight hamstrings.
- **IMPORTANT** — High-value stretches that prevent specific common problems (carpal tunnel, shoulder shrugging, tight inner thighs, low back stiffness).

Untagged stretches are still helpful — they're maintenance stretches rather than top priorities. The full routine is designed to work as a system. Tags are just to help you prioritize on busy days.

Part 1 — The Daily Routine

These six stretches are the daily routine. Do them in order, every morning, before transferring out of bed. Total time: about 10 to 15 minutes.

1. Lying Face Down (Three Stages) **ESSENTIAL**

POSITION	Lying on your stomach
HOW LONG	3 to 5 minutes total — work through the stages

Why It Helps

When you sit in a wheelchair all day, the front of your hips and the front of your body get tight, and your back muscles get stretched out. Lying face down does the opposite — it lets the front of your body open up and gives your spine a break. It also takes pressure off your tailbone and sit bones, which can help protect your skin.

How To Do It

- Stage 1 — Just lie flat: Roll onto your stomach. Rest your arms by your sides or fold them under your forehead. Take slow breaths. Stay here 1 to 2 minutes and let your body settle into the bed.
- Stage 2 — Up on elbows: Slide your elbows under your shoulders so your forearms rest flat on the bed. Lift your chest gently. Stay here 1 to 2 minutes.
- Stage 3 — Cobra: Walk your hands forward and press your palms into the bed to lift your chest higher. Keep your hips touching the bed. Stay here 30 to 60 seconds.
- Stop at whatever stage feels good that day.

Make It Easier or Different

- If you can't roll onto your stomach: Lie on your back with a pillow, wedge, or rolled-up blanket under your lower back. This opens your hips in a similar way and is a great alternative.
- Put a small pillow under your chest or hips if pressure on your stomach is uncomfortable.
- Skip the up on elbows and cobra stage if your lower back feels sensitive, or if you have spine hardware or damage in your thoracic and lumbar spine

2. Knees-to-Side Twist **IMPORTANT**

POSITION	Lying on your back
HOW LONG	30 to 60 seconds on each side

Why It Helps

Pushing your wheelchair and reaching all day twists your spine in unbalanced ways and makes it harder to turn your upper body. Losing the ability to twist makes it harder to reach for things, get dressed, do weight shifts, and even take deep breaths. This gentle twist keeps your spine moving in all directions.

How To Do It

- Lie on your back with your knees bent.
- Use your hands to bring your knees over to one side. Keep the opposite shoulder touching the bed.
- Turn your head to look the other way if your neck allows it.
- If you still want more stretch, put your opposite hand behind your head and touch that elbow to the bed.
- Hold for 30 to 60 seconds, then bring your knees over to the other side. Repeat to the other side.

Make It Easier or Different

- If you don't have trunk control, have a caregiver help, or use your hands to move your thigh.
- Put a pillow between or under your knees for comfort, if needed.
- Don't twist as far if you have spine hardware, fusions, or rods — check with your doctor or therapist first.

3. Goalpost Arms **ESSENTIAL**

POSITION	Lying on your back
HOW LONG	1 to 2 minutes

Why It Helps

Pushing your wheelchair, transferring, and reaching forward all day make your chest muscles tight and roll your shoulders inward. Over time this is one of the biggest causes of shoulder pain in long-term wheelchair users. This stretch lets gravity pull your chest open and your shoulders back without you having to do any work.

How To Do It

- Lie on your back with your arms out to the sides at shoulder height.
- Bend your elbows to a 90-degree angle so your hands point at the ceiling — like a goalpost or a cactus.
- Let gravity pull the backs of your hands and elbows down toward the bed. Don't force it.
- Stay here 1 to 2 minutes, breathing into your chest and ribs.

Make It Easier or Different

- Make it deeper: Place a rolled towel along your spine, from the base of your head to your low back. This raises your spine slightly and lets your arms fall further. Great when you want a stronger stretch.
- If your shoulders don't reach the bed easily, put small pillows or rolled towels under your elbows.
- Open your arms wider (like a Y) if 90 degrees is uncomfortable.
- Stop if you feel shoulder pain or numbness.

4. Long Sitting (Hamstring Stretch) **ESSENTIAL**

POSITION	Sitting up with your legs straight in front of you
HOW LONG	1 to 2 minutes

Why It Helps

The muscles on the back of your thighs need to stay long enough for you to get dressed, transfer, do your bowel and bladder care, and sit comfortably. When they get tight, your pelvis tucks under and you start sliding down in your chair, which is bad for your skin and your posture.

This is one of the most important stretches for any wheelchair user.

How To Do It

- Sit up with your legs straight in front of you, feet flat (not pointed).
- Sit as tall as you can. Gently press knees down, if able, to increase hamstring stretch.
- Lean forward gently from your hips — not your low back. Stop where you feel a stretch (not pain) behind your thighs or stop when you feel tension.
- If you can reach your feet and press knees down, gently pull your feet back towards you. I use my elbows to press knees down and hands to pull feet back but I have long arms.
- Stay here for 1 to 2 minutes. Breathe.

Make It Easier or Different

- Loop a strap or towel around your feet and use that to help you reach forward.
- Bend your knees a little if your hamstrings are very tight — this protects your low back.

5. Wide Legs (Straddle) **IMPORTANT**

POSITION	Sitting up with your legs spread apart, reaching down middle (and down each leg if you want)
HOW LONG	1 to 2 minutes

Why It Helps

Your inner thigh muscles get tight from sitting all day. When they're tight, it's harder to get dressed, do hygiene care, do intermittent catheterization, be intimate, or move around in bed. This stretch opens your hips wide without needing you to actively move your legs.

How To Do It

- Starting from sitting with your legs straight, use your hands to walk your legs apart into a wide V.
- Keep your knees and toes pointing at the ceiling.
- Sit as tall as you can. You can lean forward gently from your hips if you want a deeper stretch.
- Stay here 1 to 2 minutes.
- *If you want to stretch your hamstrings more, reach for your right foot, then switch and reach for your left foot for 30 seconds -1 minute, gently pressing knee down and pull foot back toward body.

Make It Easier or Different

- How wide you go is personal — start narrow and go wider as you get more flexible.
- Put pillows under your knees if the position is uncomfortable behind your knees.
- Don't force your legs apart. Tightness will release with breath and time.

6. Butterfly **IMPORTANT**

POSITION	Sitting with the soles of your feet together
HOW LONG	1 to 2 minutes

Why It Helps

Butterfly opens up your hips in a different way than the wide-leg stretch and finishes off your hip mobility work. Keeping your hips open this way makes it easier to sit cross-legged, put on socks and shoes, and do bowel and bladder care.

How To Do It

- Starting from sitting with your legs straight, use your arms to bend your knees outward and bring the soles of your feet together.
- Start with your feet further from your body and perform the stretch. Let your hips warm up for at least 10 seconds, then carefully bring them closer.
- Sit tall and carefully lean forward. Let your knees fall toward the bed. Gently push them down. Do not push past resistance.
- Stay here 1 to 2 minutes.

Daily Routine — Two More to Add When Ready

Once the six core stretches are comfortable and you're doing them regularly, you can add these two.

7. Calf Stretch With a Strap **IMPORTANT**

POSITION	Sitting with one leg straight
HOW LONG	30 to 60 seconds on each side

Why It Helps

Your calf muscles get tight from being in your wheelchair footrests all day. Tight calves can cause your feet to slip off of wheelchair foot plates, foot pressure sores, make shoes hard to fit, and limit how well you can transfer or use a standing frame. This stretch keeps your ankles moving freely.

How To Do It

- Sit with your legs straight (or with one leg crossed in figure-four). Loop a strap or towel around the ball of one foot.
- Keep that knee straight.
- Gently pull your foot back toward your body. Stop where you feel a stretch in your calf or resistance.
- Hold 30 to 60 seconds, then switch sides.

Make It Easier or Different

- A towel, belt, or yoga strap all work fine.
- Bend your knee a little if you can't reach your foot.

Part 2 — Extra Stretches by Body Area

Use these as needed for specific tightness, symptoms, or extra time. They're organized by body area for easy reference. Some are in-chair stretches you can do anywhere during the day.

Neck

ALWAYS MOVE SLOWLY WHEN STRETCHING NECK!

When to use: when your head sticks forward, your neck hurts, you have tension headaches, or after long days of looking down at your wheels, phone, or lap. These can be done in or out of your chair.

POSITION	Sitting (in or out of your chair) or lying down
HOW LONG	Move slowly, 3 to 5 times in each direction

1. Neck Movements

Why It Helps

Looking down at your wheels, your phone, and your lap all day makes your neck stiff. Moving your neck in different directions every day keeps it from getting tight, helps with balance, and reduces tension headaches.

How To Do It

- Always move slowly and cautiously when stretching your neck.
- Chin to chest: Slowly lower your chin toward your chest. Hold briefly, return to neutral.
- Ear to shoulder: Gently tilt your right ear toward your right shoulder, return. Then to the left.
- Move slowly. Don't do full circles around — that's hard on the small joints in your neck. Only complete forward rotations from shoulder to shoulder, don't rotate neck backwards.
- I always try to limit neck extension. You can lean your head back, but not past neutral (especially without support).

Make It Easier or Different

- Don't do full neck circles (this isn't recommended for anyone, especially after spinal cord injury).
- If you get dizzy, stop. Talk to your provider before continuing.
- Make movements smaller if you have neck hardware or fusion.

2. Chin Tucks

POSITION	Lying on your back
HOW LONG	Hold 5 seconds, repeat 10 times

Why It Helps

Just about every wheelchair user has their head sticking forward — from looking down at things all day. This makes your neck muscles overwork and can cause neck pain and headaches. Chin tucks wake up the deep muscles in front of your neck so your head sits where it should.

How To Do It

- Always move slowly and cautiously when stretching your neck.
- Lie flat on your back without a pillow, or with a small towel roll under your neck.
- Gently pull your chin straight back toward the bed — like making a double chin. Don't tuck it down toward your chest.
- Hold 5 seconds, then relax.
- Repeat 10 times.

Make It Easier or Different

- If lying flat is hard, do these sitting against a wall or high-backed chair.
- Start with shorter holds (2 to 3 seconds) and work up.

3. Side Neck Stretch

POSITION	Sitting or lying down
HOW LONG	30 seconds on each side

Why It Helps

Pushing your wheelchair tightens the muscle on top of your shoulder and side of your neck. This causes neck pain, headaches, and that feeling where your shoulders are always up by your ears. Stretching this muscle is one of the fastest ways to feel relief.

How To Do It

- Let your head tilt gently toward one shoulder, ear to shoulder.
- If you can, hold the opposite shoulder down as far as it can go (use the muscle under your armpit to pull the shoulder down).
- Hold 30 seconds, breathe, then switch sides.
- Anchor your opposite hand on your wheel to stop your shoulder from rising up (assist with shoulder depression).

Shoulders, Arms, and Wrists

When to use: when your shoulders hurt, you feel pinching, your wrists or hands tingle, or as ongoing maintenance — your arms carry your whole mobility. The Shoulder Rotation stretches in this section are some of the most important in the whole guide.

4. Shoulder Rotation (3 Variations) **ESSENTIAL**

POSITION	Three variations — see below
HOW LONG	30 to 60 seconds for stretch holds; 10 reps for active rotations

Why It Helps

Shoulder pain affects more than half of long-term wheelchair users — and it can take away your independence. Keeping your shoulders rotating freely in both directions is the single most important thing you can do to prevent shoulder problems. The doorway version is one of the most important stretches in this whole guide.

How To Do It

- Variation 1 — Sleeper stretch: Lie on the side you want to stretch. Bring your bottom arm forward at a 90-degree angle, with your elbow bent 90 degrees. Use your other hand to gently press the forearm down toward the bed. Hold 30 to 60 seconds.
- Variation 2 — Doorway 90-90: Sit or position yourself next to a doorframe. Place your forearm against the frame with your shoulder and elbow at 90-degree angles (like a goalpost). Slowly turn your body away from the arm. Hold 30 to 60 seconds.
- Variation 3 — Active rotations: Tuck your elbow at your side, bent 90 degrees, with your forearm pointing forward. Slowly rotate your forearm out to the side, then across your body. Repeat 10 times each direction.
- Do at least one variation daily. Rotate through all three over the course of a week.

Make It Easier or Different

- If you're in a wheelchair, position next to a doorframe with your wheel locks on so you can rotate your body to create the stretch.
- Skip the sleeper if you feel pinching at the front of your shoulder — that can mean instability.
- Stop any variation that causes sharp pain, numbness, or tingling — those need to be checked out.

5. Shoulder Rolls

POSITION	Sitting
HOW LONG	5 forward, 5 backward

Why It Helps

The simplest in-chair break you can take. Pushing your chair and reaching forward locks your shoulders forward. Shoulder rolls reset your posture, get blood flowing, and give your shoulder blades a break. You can do them as many times a day as you want.

How To Do It

- Sit up tall in your chair.
- Slowly roll both shoulders forward, up toward your ears, back, and down — making big slow circles.
- Repeat 5 times.
- Then reverse: backward, up, forward, down. Repeat 5 times.

Make It Easier or Different

- If shrugging your shoulders up causes neck pain, focus on the down-and-back part of the circle and skip the up part.
- Do these multiple times a day — every hour or two is great.

6. Shoulder Pull-Down (Scapular Depression) **IMPORTANT**

POSITION	Sitting in your chair
HOW LONG	Hold 5 seconds, 10 reps

Why It Helps

Almost everyone in a wheelchair shrugs their shoulders up all day from pushing, transferring, and reaching. This causes neck pain, headaches, and shoulder problems. This exercise teaches the muscles that pull your shoulders down to do their job again.

How To Do It

- Sit up tall in your chair.
- Without lifting your body, actively pull both shoulder blades straight down — like you're trying to put them in your back pockets.
- Imagine making your neck longer.
- Hold 5 seconds, then relax.
- Repeat 10 times.

Make It Easier or Different

- If you push a manual chair, combine with a press-up: hands on your wheels or armrests, push down to lift your body slightly while pulling your shoulder blades down.
- Don't let your head jut forward — keep your chin slightly tucked.

7. Across-the-Body Shoulder Stretch

POSITION	Sitting or lying down
HOW LONG	30 to 60 seconds on each side

Why It Helps

The back of your shoulder gets tight from pushing your chair forward all day. When the back of your shoulder is tight, the front gets pinched — this is one of the main causes of rotator cuff problems.

How To Do It

- Bring one arm across your body at shoulder height.
- Use your other hand to gently pull the elbow toward your chest.
- Keep the shoulder of the stretching arm down — don't let it rise toward your ear.
- Hold 30 to 60 seconds, then switch sides.

9. Chest Stretch at the Edge of the Bed **IMPORTANT**

POSITION	Lying on your back near the edge of the bed
HOW LONG	30 to 60 seconds on each side

Why It Helps

A deeper version of the goalpost stretch. Useful when your chest is really tight or you're feeling shoulder pinching in front. Targets the chest muscles directly.

How To Do It

- Lie on your back near the edge of the bed.
- Let one arm drop off the side of the bed at shoulder height.
- Let gravity gently pull your arm down and back. Don't force it.
- Hold 30 to 60 seconds, then switch sides.

Make It Easier or Different

- Try different arm angles (lower like a Y, higher like an I) to target different parts of your chest.
- Put a folded towel under your upper back to make the stretch deeper.

- Skip if you have shoulder instability or known shoulder labrum problems.

10. Wrist Stretches **IMPORTANT**

POSITION	Any sitting position
HOW LONG	30 seconds in each direction, on each side

Why It Helps

Pushing a wheelchair bends your wrist back over and over and puts pressure on the nerve in your wrist. Carpal tunnel syndrome is super common in long-term manual wheelchair users. These stretches help keep that from happening.

How To Do It

- Hold one arm out in front of you with your elbow straight.
- Wrist flexors: Palm up. Use your other hand to gently pull your fingers down toward the floor. Hold 30 seconds.
- Wrist extensors: Palm down. Use your other hand to gently bend your wrist down. Hold 30 seconds.
- Switch arms and repeat.

Make It Easier or Different

- If you can't use your other hand, press your palm into the bed to get the stretch.
- Back off if you feel tingling or numbness — that means the nerve is being irritated.

Legs

When to use: when one side is tighter than the other, when you have specific tightness in your butt or hips, when your hamstrings are tight enough to make daily activities hard, or as alternatives when the daily positions don't work that day.

11. Seated Figure-4 Hip Stretch **IMPORTANT**

POSITION	Sitting upright in your wheelchair, brakes locked
HOW LONG	30 seconds to one minute on each side

Why It Helps

Sitting in a wheelchair all day shortens your hip rotators, glutes, and the piriformis muscle that runs deep across your butt. When those get tight, they pull on your low back, can pinch the sciatic nerve, and make it harder to keep your pelvis level in the chair. Opening up the outer hip helps your sitting posture, transfers, pressure relief, hygiene access, and can ease sciatic pain.

How To Do It

- Sit upright with your wheelchair brakes locked.
- Use your hands to lift one ankle and rest it across the opposite knee, so your outer ankle is sitting on your other thigh just above the knee. Your top leg should make a "4" shape.
- Gently press down on the inside of the lifted knee with your hand. Light pressure only — never force it.
- Hold 30 seconds to 1 minute. Use your arms to slowly lower the leg back down. Switch sides and repeat.

When To Skip This Stretch

- Do not do this stretch if you have hip hardware, a hip replacement, recent hip surgery, a history of hip dislocation, or low bone density unless your physician or therapist has cleared it for you.
- The figure-4 position combines hip flexion, abduction, and external rotation — a combination that can dislocate vulnerable hips.
- Stop immediately if you feel sharp pain, numbness or tingling down the leg, or any symptoms of autonomic dysreflexia.

12. Knee to Chest

POSITION	Lying on your back
HOW LONG	30 to 60 seconds on each side

Why It Helps

Targets the muscles in your butt and back of your hip. Helpful when your hips feel tight on one side, when you have uneven sit bone pressure, or when your low back is achy.

How To Do It

- Lie on your back with both legs straight.
- Use your hands to pull one knee toward your chest. The other leg stays straight.
- Hold 30 to 60 seconds, then switch sides.

Make It Easier or Different

- Put a pillow under the straight leg if your low back is uncomfortable. Back and Trunk

When to use: when one side of your back is tighter than the other, when your low back is stiff, or for general spinal mobility throughout the day. The Pull-Forward Stretch in your wheelchair is one of the most efficient stretches in the whole guide.

Trunk / Core

13. Pull-Forward Stretch in Your Wheelchair **IMPORTANT**

POSITION	Sitting in your wheelchair, with wheel locks on
HOW LONG	30 to 60 seconds, repeat 2 to 3 times

Why It Helps

One of the best in-chair stretches you can do. Pulling your whole body forward stretches your low back, opens your chest, and gives your spine a break — all at once. **How To Do It**

- Lock your wheels first.
- Sit up tall. Put both hands on your knees or thighs.
- Use your arms to pull your whole upper body forward and down toward your thighs.
- Let your chest come close to (or rest on) your thighs. Your low back will round and lengthen.
- Hold 30 to 60 seconds, breathing into the stretch.
- Use your arms to push back up slowly.

Make It Easier or Different

- If your trunk control is limited, only go partway down and have someone or something stable to push back up against.
- If pulling forward makes you dizzy, come up slowly and don't go as deep next time.
- This counts as your pressure relief too — two for one!

14. Side Body Stretch

POSITION	Lying on your side
HOW LONG	30 to 60 seconds on each side

Why It Helps

The muscles along the side of your trunk often get tight on one side more than the other, especially if you have a curve in your spine. This stretch addresses that one-sided tightness.

How To Do It

- Lie on one side with a folded pillow or rolled towel under your lower ribs.
- Reach your top arm up over your head to lengthen the side of your body.
- Let gravity deepen the stretch over 30 to 60 seconds.
- Switch sides.

15. Cat-Cow / Pelvic Tilts

POSITION	Lying on your back is easiest; or hands and knees if you can
HOW LONG	5 to 10 slow back-and-forth movements

Why It Helps

Moving your spine from rounded to slightly arched gets blood flow into all the joints and muscles of your back. It's a way to wake up and check in with your spine.

How To Do It

- Lying down (easiest): Lie on your back with knees bent if possible. Press your low back flat into the bed (rounded), then let it relax into a small arch (back lifts slightly off the bed). Go back and forth 5 to 10 times.
- Sitting: In long sitting or against a headboard, slump forward then lift your chest tall.
- Hands and knees (most active): Round your back up like a cat, then drop your belly and lift your hips (if you can). 5 to 10 slow cycles.

Make It Easier or Different

- The lying-down version works for almost everyone — start there.
- Skip the hands-and-knees version if your shoulders or wrists hurt.

Ankles and Feet

When to use: when your feet don't sit right on your footrest, when your shoes are hard to fit, when you have swelling, when your toes are getting curled, or as part of full-body maintenance. Feet and ankles get forgotten — but they affect skin and equipment a lot.

16. Ankle Circles

POSITION	Sitting with legs straight or lying down
HOW LONG	10 circles in each direction, on each side

Why It Helps

Keeps your ankles moving so they don't get stiff. Important for foot pressure on your footrest, shoes that fit, less swelling, and overall comfort.

How To Do It

- With your legs straight or lying down, use your hands to slowly circle one ankle in one direction, 10 times.
- Reverse direction, 10 times.
- Switch to the other ankle.

17. Toe Stretches

POSITION	Sitting with legs straight or lying down
HOW LONG	10 reps in each direction

Why It Helps

Toes are easy to forget. But tight or curled toes can cause skin problems, claw toe and hammer toe deformities, and shoes that don't fit. Quick toe stretches prevent all of that.

How To Do It

- Use your hands to gently curl all your toes down. Hold 5 seconds, release.
- Then gently stretch all your toes up. Hold 5 seconds, release.
- Repeat 10 times each direction.
- You can also separate and stretch each toe one at a time.