

Spine Mobility Starter Guide

Exclusive. Private. Personalized. • Philip M. Christ, DPT

When you're ready for specialized care, Text and Book an appointment with Dr. Phil.
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This quick-start guide provides gentle mobility ideas for the spine. Move within comfort, breathe steadily, and stop if symptoms worsen. These suggestions are educational and are not a substitute for individualized medical advice.

Suggested Movements

Supine Knees Side to Side

Lie on your back with knees bent and feet flat. Slowly lower knees to one side within a comfortable range. Pause briefly if no discomfort, then return to center and repeat to opposite side. 6-10 each direction.

Double Knees to Chest Stretch

On your back, gently bring both knees toward your chest and hold behind thighs. Relax shoulders and breathe. Hold 20-30 seconds. Repeat 3-4 times.

Supine Knee Hugs (single-leg)

Bring one knee toward chest, hold 20-30 seconds, alternate. 3-4 each side.

Quadruped Cat-Cow

On hands and knees, gently round and extend spine. 5-8 slow cycles with relaxed breathing.

Seated Thoracic Rotation (gentle)

Sit tall with arms crossed. Rotate right slowly, pause 2-3 breaths, then left. 5-8 per direction, pain-free.

Safety Tips

- Move slowly within your comfort zone.
- Stop if sharp, radiating, or unfamiliar pain occurs.
- If symptoms persist or worsen, contact the clinic or your physician.

Cash Mobility & Personalized Stretching

One-on-one, referral-free sessions delivered by a Doctor of Physical Therapy. Text to check availability and program options.