

ويديفل طبار + نيرمتلا مسا - ةيجالع نيرامت

Cat-Cow Stretch

<https://www.youtube.com/watch?v=vuyUwtHl694>

Child's Pose

<https://www.youtube.com/watch?v=eqVMAPM00DM>

Pelvic Tilts

<https://www.youtube.com/watch?v=44D6Xc2Fkek>

Quad Sets

<https://www.youtube.com/watch?v=5TUK4uT2nnw>

Straight Leg Raise

https://www.youtube.com/watch?v=U4L_6JEv9Jg

Heel Slides

<https://www.youtube.com/watch?v=6-anByqnKp8>

Pendulum Exercise

<https://www.youtube.com/watch?v=-37fDuC83DQ>

Wall Walks (Finger Ladder)

https://www.youtube.com/watch?v=-X4xtS_XxIE

Cross-Body Stretch

<https://www.youtube.com/watch?v=alq0fLi8iak>

Knee-to-Chest Stretch

<https://www.youtube.com/watch?v=HzkE6QlaDe0>

Piriformis Stretch

<https://www.youtube.com/watch?v=4UoITjubrgE>

Ankle Circles

<https://www.youtube.com/watch?v=mzTQGYGI0Ng>

Towel Stretch

<https://www.youtube.com/watch?v=CZyGa0fczqQ>

Heel Raises

<https://www.youtube.com/watch?v=MW2WG5I-fYE>

Kegel Exercises

<https://www.youtube.com/watch?v=Wjb20SXlvA4>

Diaphragmatic Breathing

<https://www.youtube.com/watch?v=0Ua9bOsZTYg>

Pursed-Lip Breathing

<https://www.youtube.com/watch?v=0Ua9bOsZTYg>

Neck Side Stretch

<https://www.youtube.com/watch?v=0Ua9bOsZTYg>

Chin Tucks

<https://www.youtube.com/watch?v=0Ua9bOsZTYg>

Supine Twist

<https://www.youtube.com/watch?v=0Ua9bOsZTYg>