

Bron's Gentle Daily Stretching Guide

Ten quiet minutes to wake the body up — and remind your muscles what they can still do.

If you've come across this guide without reading the blog it accompanies, I'd like to share a little context.

I recently turned 75. I've travelled all my life — bushwalking, snorkelling, sailing, and even living aboard a 10-metre yacht while exploring the South Pacific for over six years. I also love gardening.



Movement has always been part of who I am.

Like many people, my body has changed with time. I live with arthritis, and I'm currently on a waiting list for a total knee replacement — my left knee is, quite literally, *bone on bone*.

Before I began these very gentle stretching exercises, I was struggling to walk without my left foot scraping along the ground. Simple daily movements became difficult, and I began to quietly grieve the possibility of losing the things that had always brought me joy.

Then something unexpected happened.

These simple, easy-to-do stretches — done slowly, kindly, and consistently — began to change how my body felt. Within weeks, I was moving more freely. I was walking again. I was saying yes again.

The difference was so profound that I felt compelled to share what had helped me, in the hope that it might offer encouragement to someone else who is struggling quietly, wondering if their body might still surprise them.

This guide isn't about fitness, fixing anything, or pushing through pain. It's about gentle movement, patience, and beginning exactly where you are.

Before you begin

- If you wake up stiff or sore, a warm shower can help loosen things up first.
- Move slowly. Breathe normally. Stop well before pain.
- This is not fitness training or a competition — it's gentle movement.

Standing stretches

1. Easy arm swings

Let your arms swing loosely by your sides for a short while.

2. Upper back & spine

Hold your elbows and gently pull them across your body to stretch your spine.

3. Back of the legs

Stand with feet apart, toes pointing forward. Bend gently until you feel a stretch through the backs of your thighs. If you feel very little, push your bottom slightly away from your centre of gravity.

4. Inner thighs

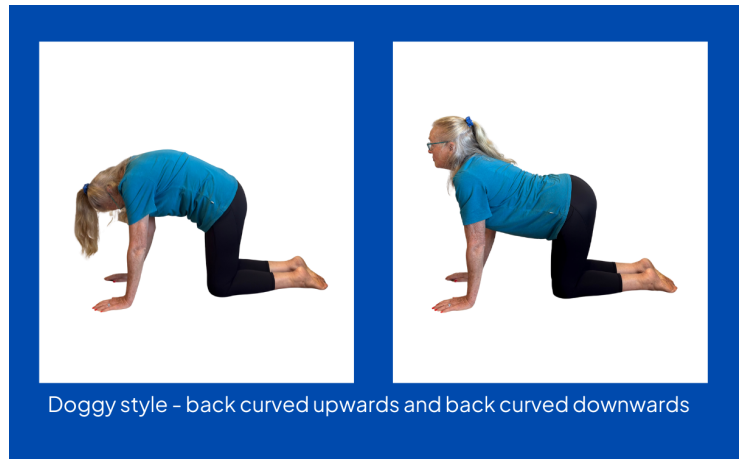
Stretch gently to the left, then to the right, noticing the muscles working inside your thighs.

On the floor – hands & knees

(What I call “doggy style”)

5. Spine movement

Curve your back upwards, tucking your chin to your chest. Then slowly curve your back down again. Move gently between the two.

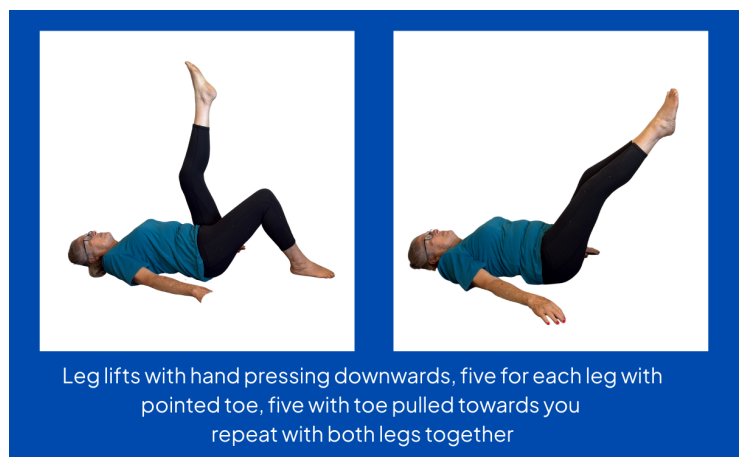


6. Leg lifts (one leg at a time)

Tuck your knee into your tummy, then lift your leg backwards and upwards as far as feels comfortable.

- First with toes pointed
- Then with toes gently pulled back

I never do more than five. Repeat with the other leg.



Roll over and repeat on the other side.

Lift your pelvis gently and roll it back down a few times. If you're able, lift your bottom and hold for a few moments, then lower slowly.

*Just a reminder that these are the stretches that helped **me**.*

We're all different, so please check with a health professional if you have injuries or concerns before trying something new.

Lying on your side

7. Side leg lifts

Lie on one side with your neck straight.

- Lift your top leg with toes pointed
- Then lift again with toes pulled inwards

Lying on your back

8. Hands & arms

Lie with arms by your sides, palms facing the floor. Gently press your fingers down as if you're counting — this has helped ease the pain in my hands.

9. Bent knee lifts

Lift your feet up towards your body:

- First with toes pointed
- Then with toes pulled back

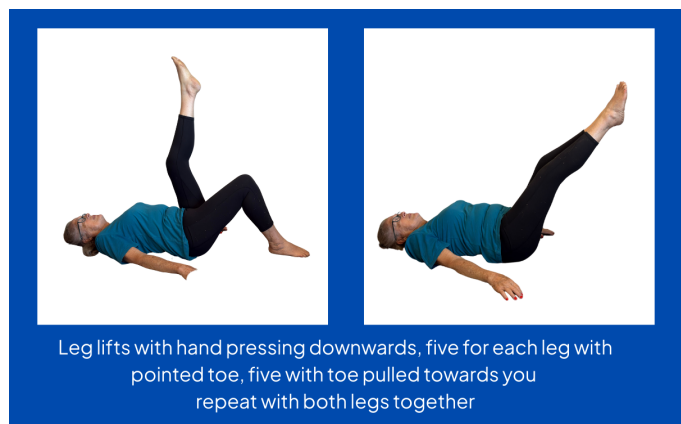
10. Straight leg lifts

Lift straightened legs as high as feels comfortable:

- Once with pointed toes
- Once with toes pulled back

11. Pelvis lift

Lift your pelvis gently and roll it back down a few times. If you're able, lift your bottom and hold for a few moments, then lower slowly.



A few gentle reminders

- I never push through pain.
- Some days I do less — that's perfectly fine.
- I don't do more than five of anything.
- This routine usually takes me 10–15 minutes.

*REMINDER - These are the stretches that helped **me**.*

We are all different, so please check with a health professional if you have injuries or concerns before trying something new.