

AS Morning Routine Card

Put this where your stiff morning self can see it.

EVERY MORNING - 10 MINUTES

1. Warm first: hot shower, heat pack, or gentle walking.
2. Mobilize: cat-cow, thoracic rotations, and gentle back extension.
3. Reset posture: chin tucks and a wall stand.
4. Wake the base: glute bridges or bird-dogs if they are already cleared for you.
5. Breathe: 5 slow maximal-inhale breaths with rib expansion.

THE RULE

Practice extension daily. Protect the posture and range you still have.

ACROSS THE WEEK

- 2 strength days.
- 3 to 5 aerobic sessions.
- 1 aquatic, Pilates, yoga, tai chi, or supervised class if accessible.
- Balance and breathing practice.

WHEN IT FLARES

- Do not stop completely. Shrink the dose.
- Use heat, gentle mobility, short slow walks, or pool walking.
- Prioritize sleep over volume.
- Add about 10% per week back after the flare settles.

STOP AND GET HELP FOR

- Painful red eye or sudden vision change.
- New weakness, numbness, saddle numbness, or bladder/bowel symptoms.
- Severe chest pain or trouble breathing.
- Fever or infection signs, especially on immune-modifying medication.
- Sudden severe spine or neck pain after a fall, jolt, or trauma.

Education only. Adapt this with an AS-aware physiotherapist. Article: stormit.ca/blog/move-or-fuse