

JOINT MOBILITY

1 • Standing Routine

SIDE REACHES

Stand with feet comfortably apart and arms by the sides.

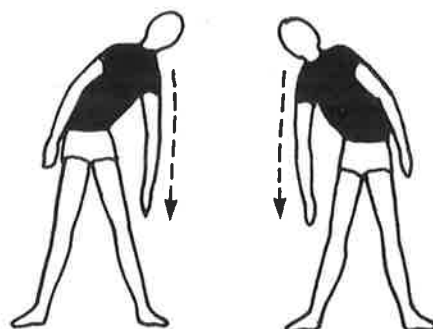
Slowly reach down one side of the body as far as possible.

Hold for 5 seconds and return to the starting position.

Bend sideways only — not forward.

Perform alternately:

- 3 reaches on the left side
- 3 reaches on the right side.



SIDEWAYS TURNS

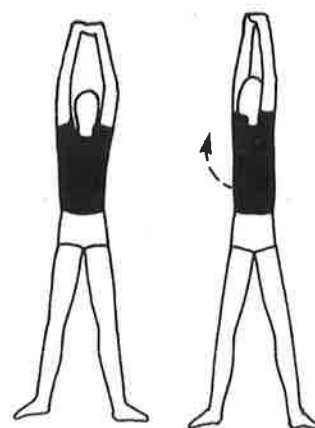
Stand with feet comfortably apart and hands clasped, palms facing upward, above the head.

Slowly rotate the body to one side as far as possible, without moving the feet.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 turns to the left
- 3 turns to the right.



TRUNK TWISTS I

Stand with feet comfortably apart, legs slightly bent, one arm held across the chest and the other held horizontally.

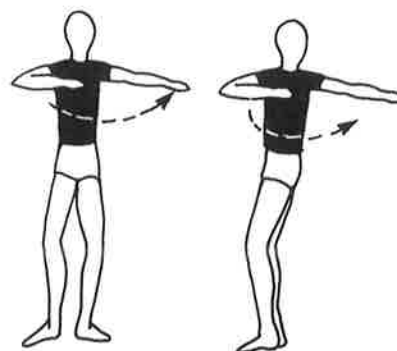
Slowly rotate the trunk to the side pressing the out-stretched arm back as far as it will go. Turn the head at the same time, watching the fingers of the outstretched arm.

Try to keep the hips facing forward and avoid twisting the knees.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 twists to the left.
- 3 twists to the right



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ACHILLES HEEL STRETCHES

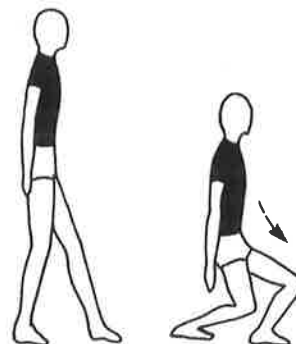
- Stand with one foot a large pace in front of the other and toes pointing to the front.

With both heels on the ground bend both legs as far as possible, keeping the weight on the back foot.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 stretches on the left leg
- 3 stretches on the right leg.



QUADRICEP STRETCHES

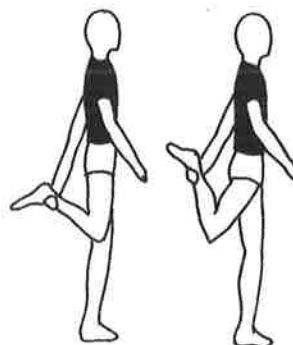
Stand holding one leg by the ankle near the buttocks. The other hand can be outstretched to help maintain balance.

Slowly pull the leg back (not to the side) so that the front thigh muscle (quadricep) is stretched.

Hold for 5 seconds.

Perform alternately:

- 3 stretches on the left leg
- 3 stretches on the right leg.



FORWARD LUNGES

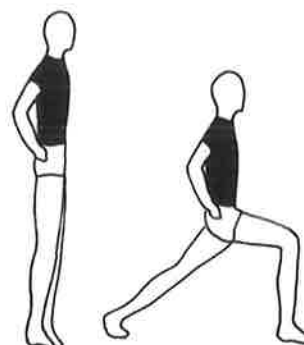
Stand with feet together and hands on the hips.

Slowly take a large step forward so that the angle formed at the front knee is 90°, and the back leg is straight.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 steps with the left leg
- 3 steps with the right leg.



JOINT MOBILITY

2 • Standing Routine

CHIN RAISES

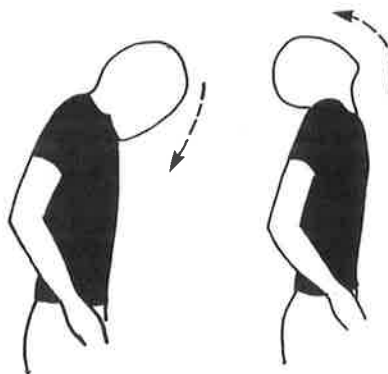
Stand with feet comfortably apart and hands on the hips.

Slowly lower the chin onto the chest and hold for 5 seconds.

Raise the head slowly, moving it as far back as possible and hold it for 5 seconds.

Open the mouth as the head is raised and close it as the head is lowered.

Perform the movement 6 times.



NECK STRETCHES II

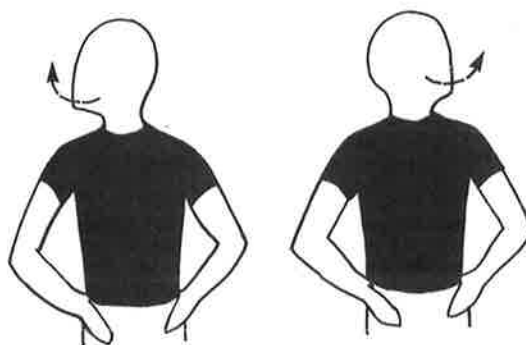
Stand with feet comfortably apart and hands on the hips.

Slowly turn the head to one side as far as possible so that the chin is just above the shoulder. (Look behind as far as possible.)

Hold for 5 seconds then return to the starting position.

Perform alternately:

- 3 stretches to the left
- 3 stretches to the right.



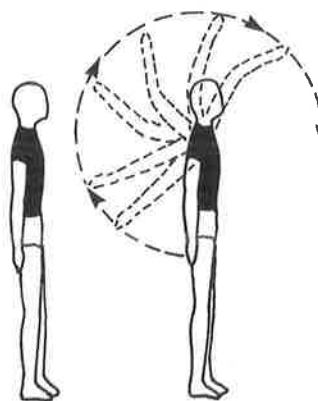
UPWARD STRETCHES II

Stand with feet comfortably apart and arms by the sides.

Leading with the hand, slowly stretch one arm behind the body and up as high as possible. Then pull it down slowly in front of the body. (The movement is similar to an overarm swimming action.)

Perform alternately:

- 3 stretches with the left arm
- 3 stretches with the right arm.



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2 • Standing Routine

SHOULDER ROTATION

- Stand with feet comfortably apart and arms by the sides.

Slowly roll each shoulder, transcribing large circles.

Perform alternately:

- 3 forward rolls of each shoulder
- 3 backward rolls of each shoulder.



COW POSTURE

Stand with feet comfortably apart.

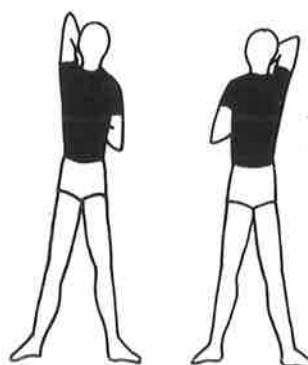
Bring the right hand over the right shoulder and bring the left hand up from behind to grasp the right hand.

Stretch by pulling on the hands.

Hold for 5 seconds.

Perform alternately:

- 3 stretches with the left hand over the shoulder.
- 3 stretches with the right hand over the shoulder.



SHOULDER STRETCHES II

Stand with feet comfortably apart, arms held horizontally, elbows bent and finger tips touching.

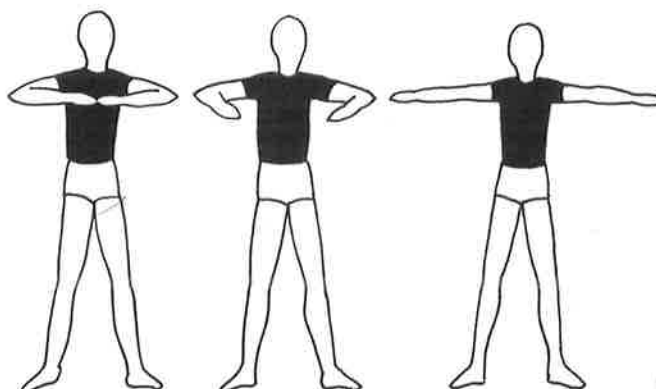
Slowly press the arms and shoulders back as far as possible.

Hold for 5 seconds and return to the starting position.

Repeat, but straighten arms on the backward movement.

Perform alternately:

- 3 stretches with arms bent
- 3 stretches with arms straight.



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SIDE STRETCHES

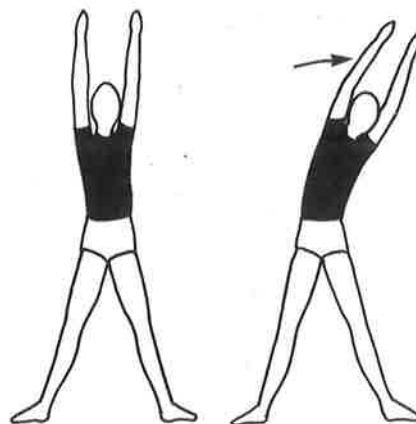
Stand with feet comfortably apart and hands held high above the head.

Slowly stretch as far as possible to one side. Do not bend forward.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 stretches to the left side
- 3 stretches to the right side.



TRUNK TWISTS II

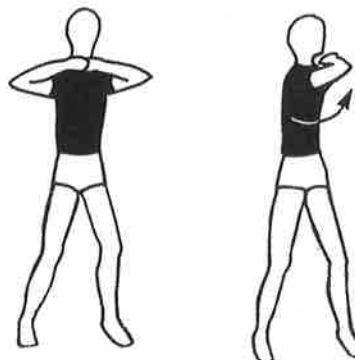
Stand with feet comfortably apart, legs slightly bent, hands clasped in front of the chin and arms held horizontally.

Keeping the hips fixed, slowly twist the body as far as possible to one side, looking behind to achieve maximum rotation.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 twists to the left side
- 3 twists to the right side.



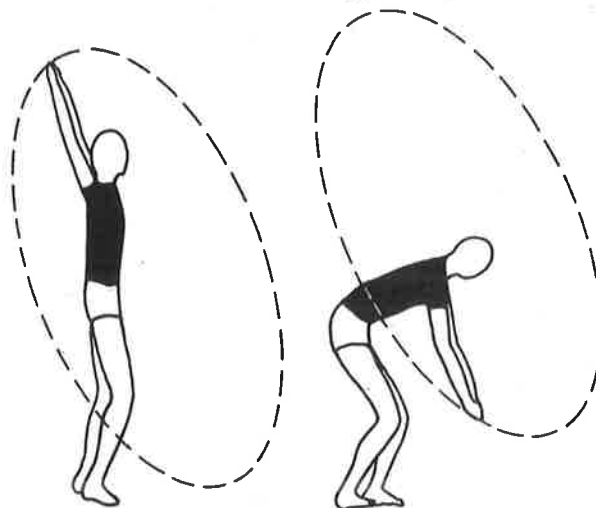
HIP CIRCLES

Stand with legs slightly bent, feet comfortably apart, arms straight and pointing down with hands clasped.

Slowly transcribe large circles with the hands, bending at the ankles, knees, hips and shoulders. Stretch as much as possible.

Perform alternately:

- 3 anti-clockwise circles
- 3 clockwise circles.



Ensure that the legs remain bent throughout the exercise. This will prevent excessive arching of the back.

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CALF STRETCHES I

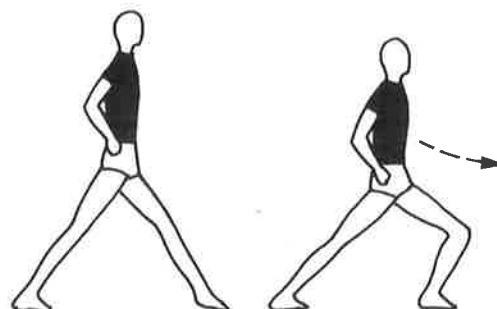
- Stand with hands on hips and one foot a large pace in front of the other, toes pointing forward.

Slowly bend the front leg as far as possible, stretching the calf muscle of the back leg. Keep the heels on the ground.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 stretches of the left calf
- 3 stretches of the right calf.



INNER THIGH STRETCHES

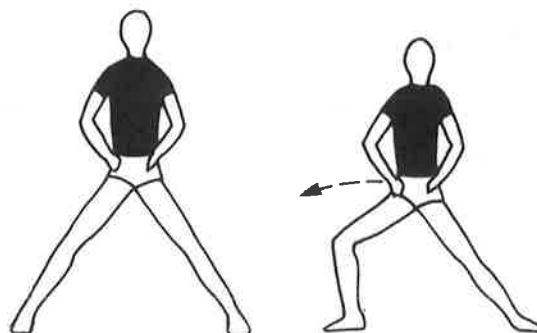
Stand with hands on hips and feet wide apart, toes pointing forward.

Slowly lean as far as possible to one side, bending the leg and keeping the opposite leg straight and stretched. Keep the body (hips and toes) facing the front.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 stretches to the left
- 3 stretches to the right.



KNEE BENDS

Stand with hands on the hips (or arms horizontally in front of the body), feet comfortably apart.

Keeping the back straight and heels on the ground, slowly lower the body until the angle at the knees is about 90°. Do not do a full deep knee bend. (The movement is similar to sitting down on an imaginary seat.)

Hold for 5 seconds and return to the starting position.

Perform 6 bends.

