

## JOINT MOBILITY

### 1 • Standing Routine

#### HEAD TURNS

Stand with feet comfortably apart and hands on the hips.

Turn the head toward the left shoulder.

Draw the chin down across the chest and up toward the right shoulder. Hold for 5 seconds.

Perform alternately:

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



#### NECK STRETCHES I

Stand with feet comfortably apart and hands on the hips.

Slowly lower the head to one side trying to touch the ear to the shoulder. Keep the eyes looking to the front.

Hold for 5 seconds and return to the starting position.

Perform alternately:

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



#### UPWARD STRETCHES I

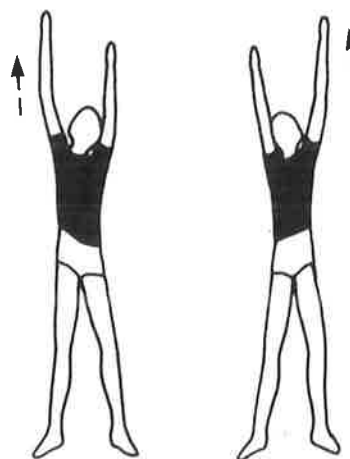
Stand with feet comfortably apart and arms held above the head.

Slowly reach up as high as possible with one hand, looking up and stretching up onto the toes.

Slightly lower that hand and reach as high as possible with the other. (The movement is similar to a mime of climbing a ladder.)

Perform alternately:

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



## JOINT MOBILITY

### 1 • Standing Routine

#### SHOULDER ROLLS

Stand with feet comfortably apart and arms by the sides.

Slowly roll one shoulder, transcribing large circles.

Perform alternately:

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



#### WIDE ARM CIRCLES

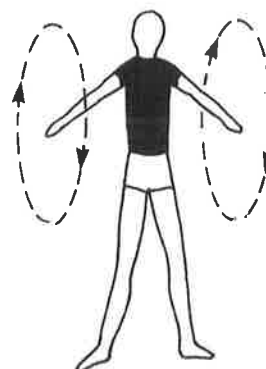
Stand with feet comfortably apart and arms by the sides.

Move arms out and around in slow, wide circles.

Push the chest out as the arms move back and hollow the chest as the arms move forward.

Perform:

- 3 forward circles
- 3 backward circles.



#### SHOULDER STRETCHES I

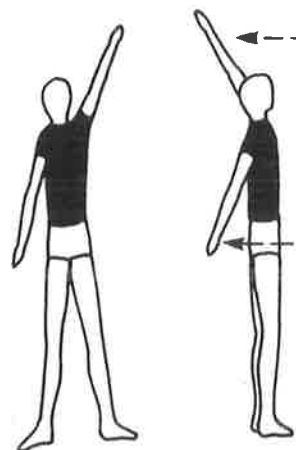
Stand with feet comfortably apart, one arm held up and the other down.

Slowly press the arms back as far as possible.

Hold for 5 seconds and return to the starting position.

Perform alternately:

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



## JOINT MOBILITY

## 1 • Standing Routine

**SIDE REACHES**

Stand with feet comfortably apart and arms by the sides.

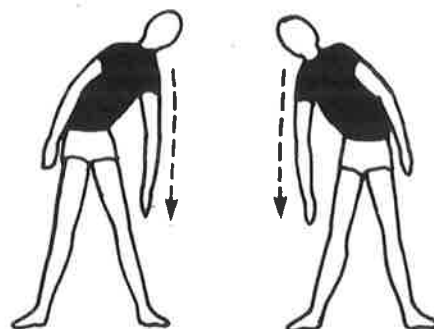
Slowly reach down one side of the body as far as possible.

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**

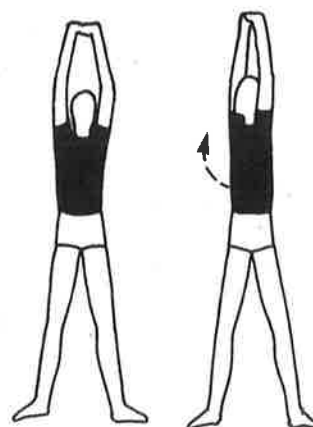
Stand with feet comfortably apart and hands clasped, palms facing upward, above the head.

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.

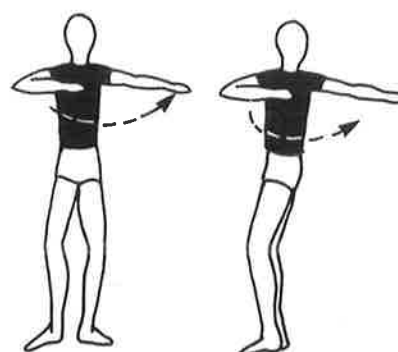
Slowly rotate the trunk to the side pressing the out-stretched arm back as far as it will go. Turn the head at the same time, watching the fingers of the outstretched arm.

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



## JOINT MOBILITY

### 1 • Standing Routine

#### ACHILLES HEEL STRETCHES

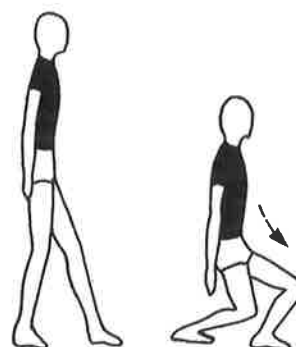
- Stand with one foot a large pace in front of the other and toes pointing to the front.

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

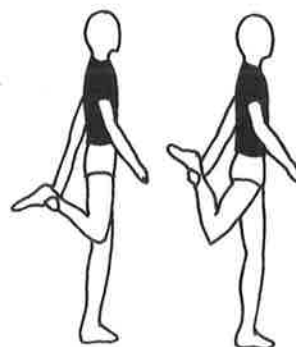
Stand holding one leg by the ankle near the buttocks. The other hand can be outstretched to help maintain balance.

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

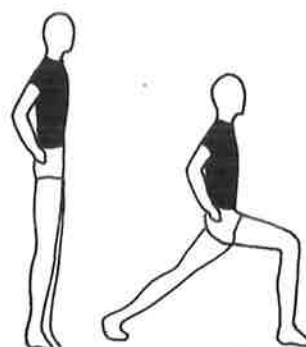
Stand with feet together and hands on the hips.

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

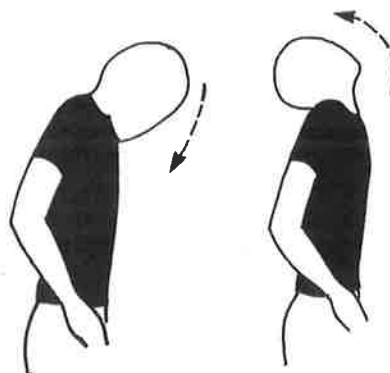
Stand with feet comfortably apart and hands on the hips.

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

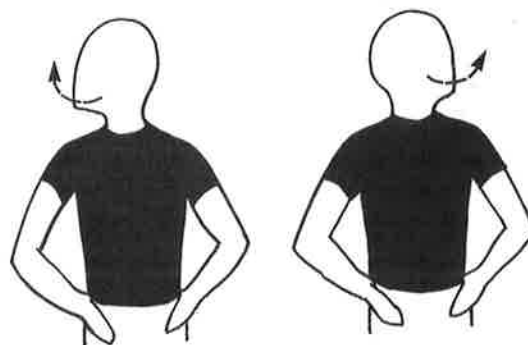
Stand with feet comfortably apart and hands on the hips.

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.



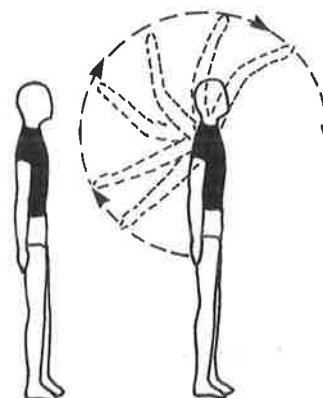
#### UPWARD STRETCHES II

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.



## JOINT MOBILITY

### 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.

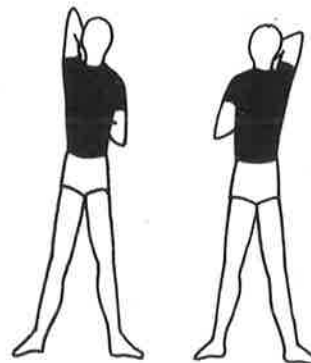
Bring the right hand over the right shoulder and bring the left hand up from behind to grasp the right hand.

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.

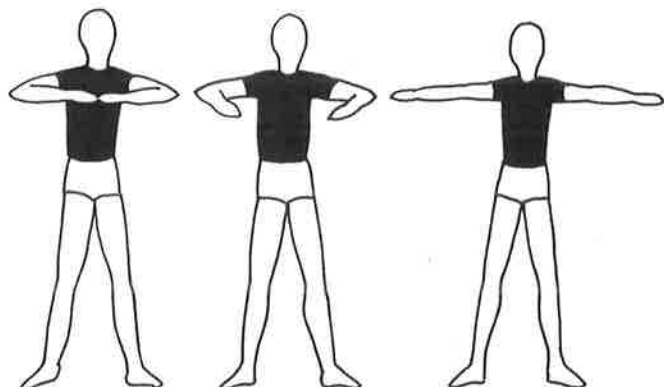
Slowly press the arms and shoulders back as far as possible.

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.



## JOINT MOBILITY

### 2 • Standing Routine

#### CALF STRETCHES I

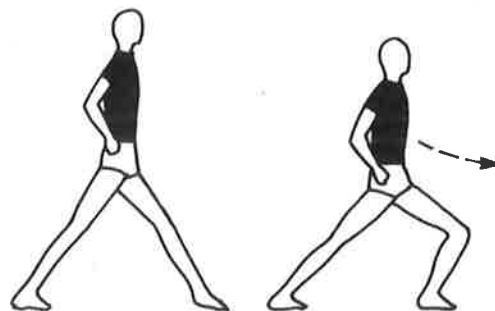
Stand with hands on hips and one foot a large pace in front of the other, toes pointing forward.

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

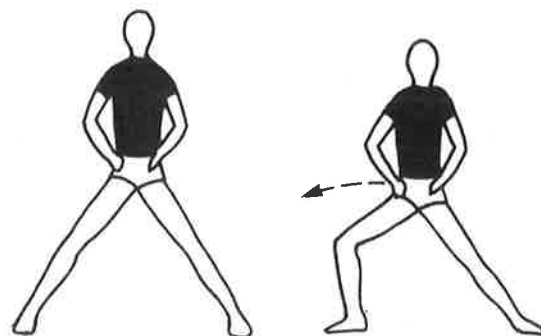
Stand with hands on hips and feet wide apart, toes pointing forward.

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 5 bends.

