Great Moves that you can do daily - Must Do Daily Moves are Checked				
Great Moves that you can do daily - Must Do Daily are Checked	Picture	Must Do Daily are Checked	See Videos	Key Points
<b>Daily Moves:</b> Motion is Lotion - Your Joints Like to be Moved in a Kind (non abrupt fashion) throughout a fluid Range of Motion Daily				
Chin Tucks and Neck Motions Pull you head straight back like you are trying to make a double chin. This is called a chin tuck. Do not push it. Go to the first resistance barrier and hold for 5 seconds for 5 to 10 reps. Then from this chin tuck positioned rotate head to each side to first resistance barrier with a slight hold. Again from the chin tuck position perform neck extension, flexion, and lateral flexion with the same strategy. Do this a few times throughout the day.		V	https:// www.y outube .com/ watch? v=7rnl AVhAK	This one exercise is just terrific for neck health and pain relief.
Shoulder Blade Squeezes Squeeze shoulder blades together hold for 5 seconds Do 1-2 sets of 5-15 reps.				Great exercise for posture reeducation (esp. rounded shoulders)
Shrugs to Anti-Shrugs 1) Scapular shrugs - up and back 2 ) Anti Shrug-squeeze back and down. Do 1-2 sets of 10-15.	Scapular active range of motion		https:// www.y outube .com/ watch? v=wlXi Pmznw x0	This exercise counteracts tight traps and neck due to stress and bad posture. A common trigger point is possibly relieved through this motion.
<b>Finger Range of Motion-Open Wide</b> Finger ROM Flexion: Gently open hand as wide as possible and then back again into a light fist. Do 1-2 sets of 10-15.				We spend all day with our fist tight and clawed. This motionresets that.
Finger Range of Motion-Bear Claw Make a Bear Claw, move into a light fist, and then open wide. Do 1-2 sets of 10-15.		✓		See Above
Side Note: Finger Strengthening with Band Finger Extension Strengthening: Use a wide, strong rubber band that will fit securely around your fingers. Place the band over your fingers at your knuckles. Resist against the band to expand your fingers, stretching them out as far as you possibly can. Do not, however, stretch them to the point of pain. Do 2 sets of 15.			https:// www.y outube .com/ watch? v=MTS ETVUQ	This simple exercise helps prevent issues due to overuse of pda (phones, computers, etc.).
<b>Arm Abductions</b> Raise arms from the side overhead (first several times with palms up, then thumbs ups, and finish several times with palms down). Do 1-2 sets of 10-15.			https:// www.y outube .com/ watch? v=HPPi 3SceB m4	If you do not take your shoulders through a wide variety of motions you may lose that ability. This exercise also helps reset your shoulders.
Supported Squats Holding onto a support lean back hinging at the hips into a squat then help yourself back up. Make sure your knees stay over your toes and that they do not go that far forward (shin almost perpendicular with floor). Do 1-2 sets of 10-15.			https:// www.y outube .com/ watch? v=el3b D7zhM	This is just great for knee and back health.
Countertop/Table Top Push Ups Place your hands on support keeping elbows slightly away from body. Perform a pushup. If that is too hard try against a wall. Do 1-2 sets of 10-15.			https:// www.y outube .com/ watch?	Great and easy to do muscular strengthening and range of motion exercise.
<b>Standing Leg Rotations</b> This is a both a balance exercise and strength exercise. Trying not to hold on to too much support raise your leg and do rotations several times on way and then another. Do 1-2 sets of 10-15.			https:// www.y outube .com/ watch? v=73X PwD9V HLk	hips should be brought through a wide amount of motion that is not forceful. This is also a terrific balance exercise if you do not hold on to something
<b>Standing Single Leg Abduction</b> This is a both a balance exercise and strength exercise. Trying not to hold on to too much support raise your leg to the side as high as you can comfortably move and then pause briefly at the top of motion. Do 1-2 sets of 10-15.			<u>https://</u> www.y outube .com/ watch? v=qBq KuEQI 9sI	Strong lateral hip muscles are very protective to the knee and back. This is also a terrific balance exercise if you do not hold on to something too much.
<b>Standing or Seated Leg Extensions</b> From a Standing or Seated position with Hip locked at 80-90 degrees fully extend knee as much as you can, pause briefly at top of motion, and then return down and repeat 10-15 times. Perform on other side. Do 1-2 sets. The easier version of this exercise is seated position.			https:// www.y outube .com/ watch? v=nO8 1xJN9 RhI	Like shoulder and hip health your knees should be brought through a wide range of motion. Pausing at the top strengthens the quad as well. Research suggests this is a great exercise to prevent osteoarthritis.
Standing Curls From a Standing Position fully flex one knee as much as you can without discomfort, pause briefly at top of motion, and then return down and repeat 10-15 times. Perform on other side. Do 1-2 sets.			https:// www.y outube .com/ watch?	Same as above, but this exercise strengthens your hamstrings instead of the quadriceps.
Standing BirdDogs From a Standing Position flex forward to a 45 to 90 degree angle (preference) holding onto a back of a chair/ countertop or seat of chair (advanced) for support, reach forward with one arm and at the same time reach back with the opposite leg trying to make a straight line from your out stretched hand to your opposite foot, pause briefly at top of motion, and then return down and repeat 5-15 times. Keep support leg locked with a slightly bent knee. Perform on other side. Do 1-2 sets.				Exercise is considered one of the most important Core (Spinal and Hip Stability ) Exercises. The Standing BirdDog is an easier (modified) way to get the benefits of the traditional BirdDog at anytime.
Abdominal Bracing and Hollowing These two moves condition your core. They can be done anytime. Please see webpage for further description. Bracing is simply tightening your abdomen as if you were being prepared to be punch. Hollowing is where you suck in your navel toward your spine (it is considered less effective at conditioning your back than bracing but has a strengthening and unloading affect to the spine). Both techniques can be held for several seconds and for done multiple repetitions throughout the day.				<text></text>
Kegel exercises strengthen the pelvic floor muscles for both men and women. You can do this training just about anytime. Mayo Clinic suggests in order to do a Kegel you need to find the right muscles. Simply put to identify your pelvic floor muscles, think of stopping urination in midstream and/or tighten the muscles that keep you from passing gas. These maneuvers use your pelvic floor muscles. Once you've identified your pelvic floor muscles, you can do the exercises in any position, although you might find it easiest to do them lying down at first. Tighten your pelvic floor	4 Must-Know Facts about Kegel Exercises			

muscles, hold the contraction for three seconds, and then relax for three seconds. Try it a few times in a row. When your muscles get stronger, try doing Kegel exercises while sitting, standing or walking. This should not cause pain and you should not hold your breath when doing it. Aim for at least three sets of 10 repetitions a day. Some trainers suggest to incorporate Kegels into your core training. Incorporating Kegels into bridge pose is a great way to strengthen your glutes, abs, and pelvic floor muscles all at the same time. You can also do them when doing clam shell and thigh squeeze exercises.

## Stretches from a Chair

Daily: 1-3 sets for 15 to 45 seconds hold

## Seated Glute/Inner Thigh Stretches

Keep back straight, place ankle on opposite knee and bend forward, go to first resistance barrier and hold for 15 to 45 seconds for 1-3 sets. Second: Keeping ankle on knee pull knee into chest. Should feel stretch throughout gluteal musculature. Third: Push knee down to stretch groin. THESES STRETCHES CAN BE DONE IN A STANDING POSITION.



ar Tracking Disorder (Right Knee)

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#### Hamstring Stretches

Either position keep back straight, hinge at the hips going to first resistance barrier and hold for 15 to 45 seconds for 1-3 sets. Variation: point toe in and out

## **Patella Femoral Mobility**

After stretching the hamstring the leg should be fully relaxed. This is a great time to do patella mobility. Move relaxed knee cap up and down several times as well as side to side. There should be no pain.

## **Standing Hip Flexor Stretch**

Keep back straight, and support foot planted, go to first resistance barrier and hold for 15 to 45 seconds for 1-3 sets. Should feel stretch throughout upper thigh, lower back, and calf. This motion back and forth is also great for knee joint health.

#### **Forearm Stretches**

Wrist flexion stretch with hand over pressure: Press the back of the hand with your other hand to help bend your wrist. Hold for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction. Hold for 15 to 30 seconds. Keep the arm straight during this exercise. Do 3 sets. Wrist extension stretch: Do the same in extension. Repeat 3 times. OPTION: YOU CAN DO THIS EXERCISE USING A WALL INSTEAD

# **Stretches Standing**

Daily: 1-3 sets for 15 to 45 seconds hold

#### **Back of Chair Shoulder Stretch**

Place both hands with palms down on back of chair or counter top. As you press lightly down walk away keeping arms straight until you get a stretch throughout your chest and shoulders. Keep back straight, go to first resistance barrier and hold for 15 to 45 seconds for 1-3 sets. You can do this stretch with thumbs up.



Wrist stretch

Not only does this stretch work your shoulders it is great at stretching your chest and spine. I like it because it helps reset the shoulder.

Lack of mobility in

**These three** 

stretches are simple

to do. Not only do

they target many of

they safely stretch

some spinal

muscles.

If you seat a lot this

is a great stretch to

do every hour using

a raise support like a

mobility it may lead

to pain and arthritic

changes.

time favorite

this a great calf,

but by bending your

raised knee it helps

nourish your knee

with improved fluid

flow.

**Stretching of the** 

forearm is warranted

since we over use

our wrist in awkward

positions because of

PDA use.

chair.

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## Calf Stretch Straight Leg and Bent

Holding onto something place straight leg behind. Keeping foot flat lean forward to gain a stretch on the calf musculature. Keep back straight and hold for 15 to 45 seconds for 1-3 sets. Do same stretch with bent knee.



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https://

www.a<br/>cefitnethe ankle and calf<br/>can lead to knee, hip,<br/>and low back issues.ss.org/<br/>educatiOne of the bestOn-<br/>and-One of the beston-<br/>of lower bodyOne of lower body

		<u>ces/</u> function is the bent knee calf stretch.
Back Extension Stretch with Arm Overhead Reach If you do not have spinal stenosis or spondylosis lean this is a great exercise. This is a great exercise to do if you have been seated for sometime. It is a great idea to reach overhead to accentuate the movement. Hold for 15 to 45 seconds for 1-3 sets.		This stretch counteracts seated poor posture and it should be done often.
Doorway Stretch Keep back straight, place arms along doorway and lean in and hold for 15 to 45 seconds for 1-3 sets. You can mix it up by raising and lowering your arms for different stretches.	In I	This stretch counteracts daily poor posture and it should be done often.
<b>Hanging:</b> 5-7 days per week, 1-3 x a day		
<b>Hanging</b> <b>Practice Hanging:</b> Recent research suggests that it is beneficial to hang from a pull up bar or door frame. You do not have to do this with all your weight partial body weight is beneficial. Try to hold for 15 to 60 seconds or tolerance. According to Robert Kirsch's research, regularly hanging from a bar can help straighten out the curved acromion, which increases the gap in the subacromial space, which reduces the pinching and friction on the tendons that pass through that gap. Kirsch is quick to note that hanging isn't a panacea for all shoulder injuries. Hanging can also be helpful in decompressing the spine. <u>See video.</u> <u>For more information see this page.</u> Do not do if you have back and shoulder issues or if it causes pain. DO NOT BEAR FULL WEIGHT - ONLY PARTIAL WEIGHT.	eter a based a la seconda de la seconda d El seconda de la seconda de	https:// www.y outube .com/ watch? v=fCHi q7Khn KiThis stretch is not only great for the shoulder it also helps decompress the spine.
<b>Stretches Floor</b> Daily: 1-3 sets for 15 to 45 seconds hold		
Cobra Hold for 15 to 45 seconds for 1-3 sets. Do not do if you have spinal stenosis or spondylosis.		https:// www.a cefitne ss.org/ educatiThis is an exercise that should not be done if you spinal stenosis, spondylolisthesis, and spondylosis.
Cat Cow Stretch Several Reps		https:// www.a cefitne ss.org/
Child's Pose Stretch Keep back straight and hold for 15 to 45 seconds for 1-3 sets.		https:// www.a cefitne ss.org/ educati
Band Shoulder Stabilizers (The Core of the Shoulders) 2-3 x a week: 1-3 sets		
Band Rotator Cuff Keep elbows by side, squeeze shoulder blades together, you can do this both palms up and down		https:// www.y outube .com/This is one of my favorite exercise for strengthening some of the rotator cuffwatch? v=djm7 uruuD of themuscle that are weakened by poor posture.
Band Rows Attach band to support. From full arm lengths position pull band into body squeezing shoulder blades together, you can do this both palms up, down, or to the side. Do 10-15 reps		https:// www.y outube .com/ watch? v=Esd
<b>Breathing</b> Diaphragmatic Breathing - Take Deep Breaths every hour and try to practice Diaphragmatic Breathing daily for a few minutes		http:// www.fitDiaphragmaticwww.fitDiaphragmatictec.us/ bms/Breathing is one of the best ways to provoke a relaxation responseon- toobpiresponse
<b>Brisk Walking</b> Try to practice Brisk Walking daily for a few minutes		Brisk Walking is great for your overall joint health, especially your low back.