Great Moves that you can do daily - Must Do Daily Moves are Checked

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Daily Moves: Remember to breathe through the entire movement. Breathe through diaphragm (Belly breathe)			
Chin Tucks and Neck Stretches Sit or stand with your back against the wall. Tuck your chin in and pull your head back as if you are trying to fit a golf ball in your throat. Hold for 10 to the first resistance barrier and look for 5 seconds. Do 10 reps. Do the same thing with your head tilted to the right and then to the left. Do the same thing with your head tilted forward and look for 5 seconds. Do 10 reps. Do the same thing with your head sideways, flexion, and lateral flexion with the same motion. Do 10 reps. Do the same thing with your head tilted back and look for 5 seconds. Do 10 reps.		✓	https://www.youtube.com/watch?v=Ldq0Ldq0Ldq&t=0s This one exercise is important for neck health and pain relief.
Shoulder Blade Squeezes Squeeze shoulder blades together and hold for 5 seconds 5 of 10 reps.		✓	Great exercise for posture retraction pap. rounded shoulders.
Shrugs to Anti-Shrugs 3 x 10 Shrugs to Anti-Shrugs. Shrugs to Superior Lateral Arch and down. Do 1 set of 10 to 15.	Superior lat or shrugs	✓	https://www.youtube.com/watch?v=Ldq0Ldq0Ldq&t=0s This exercise helps with neck and low back pain. It helps to stress and heal the scapular muscles. Scapular pain is possibly referred through this muscle.
Sternum Lift Lift chest to stay and hold healthy and repeat 10 X's. Retract scapula. Sternum and chest up. Hold and repeat.		✓	https://www.youtube.com/watch?v=Ldq0Ldq0Ldq&t=0s This exercise improves scapular and thoracic posture. You can do this also in a good position.
Shoulder Rotations You can do this with going up or down and with arms bent or straight. Do 10 reps each.		✓	https://www.youtube.com/watch?v=Ldq0Ldq0Ldq&t=0s A sign of arthritis is a loss of range of motion of the shoulder. To ensure proper function and simple motion like these rotations help.
Non Weight Shoulder Presses Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps shoulder blade together. Press overhead. 10 lb + Sporting Tigers together at chest.		✓	https://www.youtube.com/watch?v=Ldq0Ldq0Ldq&t=0s If you do not press overhead daily you have the ability to do so well. Shoulder blade together strengthening.
Arm Abductions Keep arms from the shoulder and around knee with palms up. Raise towards you. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps.		✓	https://www.youtube.com/watch?v=Ldq0Ldq0Ldq&t=0s If you do not take your shoulders through this range of motion you may lose the ability to do this and also have rotator cuff issues.
Ys and IRs and Prisoner Position Ys are up and to the left. IRs are straight up. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Prisoner position: Do this from Prisoner Position		✓	https://www.youtube.com/watch?v=Ldq0Ldq0Ldq&t=0s This exercises are a great way to open up your chest and improve your back mobility. It will help your shoulders stay healthy and pain free.
Shoulder Retraction with Elbow Bent Shrugs also known as Monkey Shrugs Shoulder blade together and down. Elbows bent. Shrugs to anchor shoulder blade. DO NOT HAVE HANDS WITH ELBOWS BENT for 10-20 reps. Do set for 10 seconds. Do 5 reps. Do 5 reps.		✓	https://www.youtube.com/watch?v=Ldq0Ldq0Ldq&t=0s This exercise counteracts tight traps and lack due to poor posture. A constant trigger point is created through this motion.
Shoulder Retraction with Elbow Bent Shrugs with Bands			Version of the above
Finger Range of Motion Bear Claw Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do 1 set of 10 reps.		✓	https://www.youtube.com/watch?v=Ldq0Ldq0Ldq&t=0s Opening you hand wide is painful since it is a stretch. This exercise helps relieve tension in the palms of your hands.
Side Note: Finger Strengthening with Band Finger Extension: Place band around the tips of the fingers and open the fingers against the band. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Finger Flexion: Place band around the tips of the fingers and close the fingers against the band. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Thumbs: Stretch Band to the point of pain. Do 5 reps. Do 5 reps. **Video to how to properly** Do it in a wave motion.			This simple exercise can be done while stuck in traffic, at the office, in jobs (phones, computers, etc.)
Wrist Rolls or Circles Do in clockwise and counterclockwise motions 10-20 x.			This is motione is not done that often.
Ankle / Feet Rolls or Circles Do in clockwise and counterclockwise motions 10-20 x.			Lacceration begins at the ankle joint function at the feet assures good ankle and lower locomotion.
Toe Grab / Toe Push Ups Grab the toes and push up. Hold for 10 seconds and repeat 10 x.			
Ten Push Ups Press big toes into ground and then raise up and then place other toes down while big toes go up.		✓	https://www.youtube.com/watch?v=Ldq0Ldq0Ldq&t=0s
Calf Raises and Toe Lifts Up on toes down on balls of feet. Do 10 x's or more reps. Toe lifts: Lift toes up and down. Do 10 x's or more reps. **Video to how to properly** Do it in a wave motion.		✓	https://www.youtube.com/watch?v=Ldq0Ldq0Ldq&t=0s Strong and mobile calf complex is good for knee health.
Heel Drops for Bone Building Go up on to balls of your feet and drop down onto heel. Repeat 10 x's or more reps. Do 10 x's or more reps. **Video to how to properly** Do it in a wave motion.		✓	https://www.youtube.com/watch?v=Ldq0Ldq0Ldq&t=0s This exercise has been shown to be very helpful in bone building exercise (research).
Knee Joint Mobility: Place your hand on the knee cap and move the knee cap in all directions. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully.		✓	https://www.youtube.com/watch?v=Ldq0Ldq0Ldq&t=0s The knee joint is a mobile joint and the knee cap is compared to the ball and socket joint. The knee cap has movement in the entire quadriceps tendon and patellar tendon. There are 12 muscles that attach to the knee cap that applies force to the knee cap and the entire knee.
Slightly bend your knees. Bringing buttocks back - Hinging at the hips. Keep back straight. Do not let knees go over toes. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Repeat this exercise by keeping straight ahead. Do not let knee travel in and out. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps.		✓	Great Way to add strength to your knee. Research shows that healing of the cartilage and meniscus requires loading. Low intensity, results in healing and nutrition of the articular cartilage.
Supported Squats Holding onto a support bar back hinging at the hips like squat. Keep knees behind toes. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's.		✓	This is just great for knee health.
Wall/Counterpoint/Table Top Push Ups This is a wall or counter push up. Keep your back straight and keep body in one line. Don't support your low back. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's.		✓	Great and easy to do muscle strengthening and endurance. Great for knee health.
Standing Leg Retractions This is a push to extension of the knee. Keep your knee behind your toes. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's.		✓	Like other joints your knee should be brought through a complete motion that is not forceful. This is also a great exercise if you do not hold on to something.
Standing Single Leg Abduction This is a push to extension of the knee. Keep your knee behind your toes. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's.		✓	Strong knee ligaments and muscles are very important. This exercise is also a terrific exercise for those who do not hold on to something too much.
Gluteal Squeezes In a standing, lying, or seated position keep your gluteal muscles squeezed. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps.		✓	Strong Glute Muscles protects the back and knees.
Standing or Seated Leg Extensions Find a standing or Seated position with the vertical or near vertical shin. Extend the knee and hold for 10 seconds. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. The easier version of this exercise is seated position.		✓	Like shoulder and hip health your knees should be brought through a complete range of motion. Pressing at the end of extension is very good. Research suggests that this exercise promotes is prevents osteoarthritis.
Standing Calfs From a Standing Position fully flex one knee as much as you can and then straighten the knee. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's.		✓	Same as above, but this exercise promotes knee and ankle health. Promotes health of the quadriceps.
Standing or Prone Hip Extensions Standing or Prone Hip Extensions: Extend the hip by tightening the abdominal muscles to protect the lumbar spine. Do not let the lumbar spine hyperextend. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's.		✓	A great glutes exercise. Great for functional hiking and running. Strong glutes and hip muscles protects the back and knees.
Standing Bindings Place your hand on the knee cap and move the knee cap in all directions. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's.		✓	The Binding Exercise is considered one of the Chinese Medical Care Signal and the Stability / Exercises. The Standing Binding is an easier (modified) way to get the benefits of the traditional Binding at anytime.
Chair Crunches Seated in a sturdy chair bring your knees up and bring your hands through. Hold. Hold spine neutral. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's. **Video to how to properly** Do it in a wave motion.		✓	50 ups are not good for your back. This simple exercise helps with back pain while working the abdomen (what I call the frontal core).
Wall Slidebrings Stand against a wall, with your low back flat against the wall. Place your hands on the wall and bring your knees towards your hands. Hold. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's. **Video to how to properly** Do it in a wave motion.		✓	This modified side bridge works the lateral core. Some people find it difficult to do the most important core exercise.
Abdominal Bracing and Hollowing Hollowing is the opposite of bracing. Hollowing: They can be done anytime. Bracing is a very important exercise. Bracing is a very important exercise. Bracing is a very simple motion works many of the muscles of the core. Bracing is a very quick 2 or more second exercise. It is considered less effective at preventing injury than hollowing. Bracing has a strengthening effect on the spine. Bracing is the stiffest. Both techniques can be used in the same exercise. Bracing should be done while you are lifting anything heavy.			Great techniques to condition your core anytime as well as to protect your spine.
Kegel exercises Squeeze the pelvic floor muscles for both male and women. You can do this training just about anywhere. Imagine you are trying to stop or slow a Kegel you need to find the right muscles. Simply put to identify your pelvic floor muscles, imagine you are trying to stop or minimize another lighter but muscles that keep you from passing gas. Hold the muscles for a count of three and release. Once you've identified your pelvic floor muscles, you can do these simple motion works many of the muscles of the core. Kegels are a very quick 2 or more second exercise. It is considered less effective at preventing injury than hollowing. Kegels have a strengthening effect on the spine. Both techniques can be used in the same exercise. Bracing should be done while you are lifting anything heavy.			Develops the pelvic girdle.
Stretches from a Chair Daily: 1 x 5 sets for 10 to 30 seconds hold.			
Seated Cloverleaf Hip Stretches Keep back straight, place ankle of opposite knee and cross over the other knee. Lean forward and hold for 10 seconds. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's. **Video to how to properly** Do it in a wave motion.		✓	These three exercises are simple to do. Not only do they stretch and strengthen the hip, they safely stretch the lumbar spine.
Hamstring Stretches Keep your back straight and lean forward. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's. **Video to how to properly** Do it in a wave motion.		✓	If you sear a lot this is a great stretch to do every hour using a timer while at a chair. If your knee cap does not move in all directions, this will help. It is also good for pain and arthritic changes.
Patella Femoral Mobility After stretching the hamstrings and hip flexors. Place your hand on the knee cap and move the knee cap in all directions. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's. **Video to how to properly** Do it in a wave motion.		✓	This is one of my all time favorite exercises, that I do every day. It helps with knee pain and flexibility. It helps with knee cap movement and improves knee function.
Standing Hip Flexor Stretch Keep back straight, and support hand placed, go to hour glass position. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's. **Video to how to properly** Do it in a wave motion.		✓	This is one of my all time favorite exercises, that I do every day. It helps with knee pain and flexibility. It helps with knee cap movement and improves knee function.
Forearm Stretches Wrist flexion stretch with hand over pressure. Press the hand down and hold for 10 seconds. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Wrist extension stretch with hand over pressure. Press the hand down and hold for 10 x. 30 seconds. Keep the arm straight during the stretch. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Lateral Stretch. Hand Down. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps.	Wrist stretch	✓	Stretching of the forearm is warranted if you are using your wrist in extended positions because of PDA use.
Stretches Standing Daily: 1 x 5 sets for 10 to 30 seconds hold.			
Back of Chair Shoulder Stretch Place both hands with palms down on back of chair or table. Keep your back straight. Lean forward and hold for 10 seconds. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's.		✓	Not only does this stretch work your shoulders it is great for those who are stuck and spine. I find this it because it stretches the shoulder.
Calf Stretch Straight Leg and Bent Hamstring Stretch Straight Leg and Bent: Place your foot on a chair or table. Keep your back straight. Lean forward and hold for 10 seconds. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's.		✓	Lack of mobility in the calf complex can lead to knee, hip, and low back issues. Lack of mobility in the calf complex and lack of lower body mobility can lead to low back pain.
Back Extension Stretch with Arm Overhead Reach Place your hand behind your back and reach up and over your head. Keep your back straight. Lean forward and hold for 10 seconds. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's.		✓	This stretch commonly tested your posture and is important. Lack of mobility in the shoulder and spine.
Doorway Stretch Place hand straight, place arms along doorway and lean forward. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's.		✓	This is an exercise that should not be done if you spinal stenosis, spondylolisthesis, and spondylosis.
Hanging: 3 X per day with 1-2 x day.			
Hanging Passive Hanging: Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Active Hanging: Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's.		✓	This stretch is not recommended if you have shoulder / also helps decompress the spine.
Stretches Floor Daily: 1 x 5 sets for 10 to 30 seconds hold.			
Cobra Hold for 10 to 60 seconds for 1 x sets. Do not do if you have spondylolisthesis. Do 5 reps. Do 5 reps.		✓	This is an exercise that should not be done if you spinal stenosis, spondylolisthesis, and spondylosis.
Cat Cow Stretch Several Reps		✓	
Child's Pose Stretch Keep back straight and hold for 10 seconds for 1 x sets.		✓	
Decompression Daily: 1 x 5 sets.			
Supine lying. On your back. Increase intensity for more pain. Do 5 reps. Do 5 reps. Hold for 10 seconds. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's. Prone lying. Do 5 reps. Do 5 reps. Hold for 10 seconds. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's. Prone lying on elbows. Do 5 reps. Do 5 reps. Hold for 10 seconds. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do this exercise several times during to increase motion. Do slowly and carefully. Do 1 set of 10 x's.			Benefits: (1) Takes compression off intervertebral disc (2) Imparts a timely strengthening force to the spine (3) Increases longevity for lying on the back. (4) Promotes the hydration of the intervertebral discs and facet joints. (5) Promotes health.
FEET ON A CHAIR			
ON A FOAM ROLLER			
Band Shoulder Stabilizers (The Core of the Shoulders) Daily: 1 x 5 sets.			
Band Pull Apart Keep elbows by ribs, squeeze shoulder blades together, you can do this both sitting and standing.		✓	This is one of my favorite exercises because of the rotator cuff and shoulder blade weakened by poor posture.
Band Rows Attach band to support. Pull to pin weights position pull band into lying squeezing muscles blades together. Do 10 reps of 10 seconds. Do 5 reps. Do 5 reps. Do 10 reps.		✓	Same as above
Breathing Diaphragmatic Breathing (Belly Breathing) Breathe through the diaphragm. Breathe through the belly. Breathe through the ribs. Breathe through the lungs. Breathe through the Intercostal and Abdominal muscles. Exercises for lungs and breathing. Breathe through the lungs. Breathe through the diaphragm. Breathe through the belly. Breathe through the ribs. Breathe through the Intercostal and Abdominal muscles