

# Move for Minutes

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

Picture

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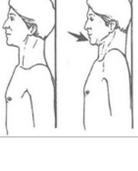
Key Points

## Daily Moves:

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 your 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.



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<https://www.youtube.com/watch?v=7rnlAVhAK>

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.

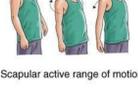


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Great exercise for posture reeducation (esp. rounded shoulders)

### 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.youtube.com/watch?v=wIXiPmznwX0>

This exercise counteracts tight traps and neck due to stress and bad posture. A common trigger point is possibly relieved through this motion.

### Finger Range of Motion-Open Wide

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.



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We spend all day with our fist tight and clawed. This motion resets 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.



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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.



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<https://www.youtube.com/watch?v=MTSETVUQvci>

This simple exercise helps prevent issues due to overuse of pda (phones, computers, etc.).

### Arm Abductions

Raise arms from the side overhead (finish several times with palms up, then thumbs up, and finish several times with palms down). Do 1-2 sets of 10-15.



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<https://www.youtube.com/watch?v=HPPi3ScEbM4>

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.



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<https://www.youtube.com/watch?v=eI3bD7zhMv0>

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.



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<https://www.youtube.com/watch?v=73XPwD9VHLk>

Great and easy to do muscular strengthening and range of motion exercise.

### Standing Leg Rotations

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.



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<https://www.youtube.com/watch?v=73XPwD9VHLk>

Like other joints your 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 too much.

### Standing Single Leg Abduction

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.



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<https://www.youtube.com/watch?v=qBqKuEQI9sl>

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.

### Standing or Seated Leg Extensions

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.



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<https://www.youtube.com/watch?v=nO81xJN9Rhl>

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.



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<https://www.youtube.com/watch?v=73XPwD9VHLk>

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.



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<https://www.youtube.com/watch?v=nO81xJN9Rhl>

The BirdDog 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.

## 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. THESE STRETCHES CAN BE DONE IN A STANDING POSITION.



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<https://www.youtube.com/watch?v=e3DZzHcwK3o>

These three stretches are simple to do. Not only do they target many of the hip muscles, but they safely stretch some spinal muscles.

### 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



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<https://www.youtube.com/watch?v=73XPwD9VHLk>

If you seat a lot this is a great stretch to do every hour using a raise support like a chair.

### 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.



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<https://www.youtube.com/watch?v=73XPwD9VHLk>

If your knee cap does not have a degree of mobility it may lead to pain and arthritic changes.

### 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.



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<https://www.acefitness.org/education-and-resources/lifestyle/>

This is one of my all time favorite stretches, Not only is this a great calf, quad, and hip stretch but by bending your raised knee it helps nourish your knee with improved fluid flow.

### 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



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<https://www.acefitness.org/education-and-resources/lifestyle/>

Stretching of the forearm is warranted since we over use our wrist in awkward positions because of PDA use.

## 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.



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<https://www.acefitness.org/education-and-resources/lifestyle/>

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.

### Calf Stretch

#### Straight Leg and Bent

Holding foot 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.acefitness.org/education-and-resources/lifestyle/>

Lack of mobility in the ankle and hip can lead to knee, calf, and low back issues. One of the best stretches and tests of lower body 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.



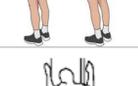
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<https://www.acefitness.org/education-and-resources/lifestyle/>

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.



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<https://www.acefitness.org/education-and-resources/lifestyle/>

This stretch counteracts daily poor posture and it should be done often.

## Hanging:

5-7 days per week, 1-3 x a day

### Hanging

Practice Hanging: 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. See video. For more information see this page. Do not do if you have back and shoulder issues or if it causes pain. DO NOT BEAR FULL WEIGHT - ONLY PARTIAL WEIGHT.



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<https://www.youtube.com/watch?v=fCHlq7KHnKI>

This stretch is not only great for the shoulder it also helps decompress the spine.

## Stretches Floor

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.



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<https://www.acefitness.org/education-and-resources/lifestyle/>

This is an exercise that should not be done if you spinal stenosis, spondylosis, and spondylosis.

### Cat Cow Stretch

Several Reps



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<https://www.acefitness.org/education-and-resources/lifestyle/>

### Child's Pose Stretch

Keep back straight and hold for 15 to 45 seconds for 1-3 sets.



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<https://www.acefitness.org/education-and-resources/lifestyle/>

## 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



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<https://www.youtube.com/watch?v=djm7uruuDSII>

This is one of my favorite exercises for strengthening some of the rotator cuff muscle 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



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<https://www.youtube.com/watch?v=EsDQwI76>

Same as above

## Breathing

Diaphragmatic Breathing - Take Deep Breaths every hour and try to practice Diaphragmatic Breathing for a few minutes



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<http://www.fittec.us/bms/relaxation-techniques/>

Diaphragmatic Breathing is one of the best ways to provoke a relaxation response

## Brisk Walking

Try to practice Brisk Walking daily for a few minutes



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<https://www.fittec.us/bms/relaxation-techniques/>

Brisk Walking is greta for your overall joint health, especially your low back.