



Move It Program

4 Moves: Do throughout the day one to several times

1. Standing Bird Dog



Standing BirdDogs

From a Standing Position bend forward to a 45 to 90 degree angle (preference) holding onto a back of a chair/countertop or seat of chair 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 for a few seconds, and then return up and repeat to other side 1-5 times. Keep support leg locked with a slightly bent knee. Keep core engaged (abdomen tight) and pelvis level.

[Overall Move It Video](#)

2. Standing Leg Rotations



Standing Leg Rotations

This is a both a balance exercise and mobility exercise. Trying not to hold on to too much to a support raise your leg and do rotations several times one way and then another. Do 1-2 sets of 10-15. Keep core engaged (abdomen tight).

[Overall Move It Video](#)

3. Arm Abductions and Circles

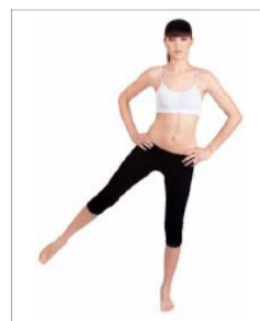


Arm Abductions and Circles

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

[Overall Move It Video](#)

4. Standing Leg Abduction



Standing Single Leg Abduction

This is a both a balance exercise and mobility exercise. Trying not to hold on to too much support raise your leg to the side as high as you can comfortably move without moving upper body and then pause briefly at the top of motion. Do 1-2 sets of 10-15. Keep core engaged (abdomen tight).

[Overall Move It Video](#)