



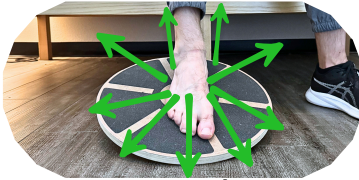
MOBILITY

Mobility exercises here are geared towards you moving into an end range, softening and repeating, (not bouncing), to gain range vs doing static stretching. Do what feels good. General recommendations is 10-20 reps, hold the stretch on the last rep. Play with angles. What does your body need?



Toes and forefoot

Fingers between toes to spread, and rotate forefoot.



Foot rocker

Flat foot and resting toes on board. Rock in all directions. Try foot roller.



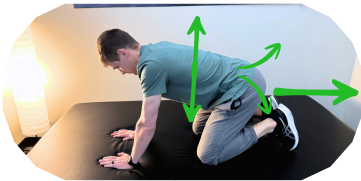
Ankle mob

Strap around lowest part of front ankle. Keep foot flat, lunge to end point. Repeat 10-15x.



Ankle/knee/hip mob

Hang on, rest in deep squat and weight shift side to side. Try keeping feet flat.



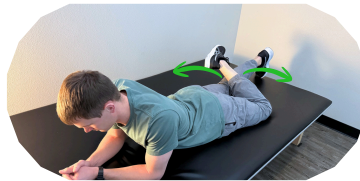
Cat/camel/childs pose

All 4s: arch back, sag back, wag tail. Sit back to heels with toes tucked, or with foot flat, repeat.



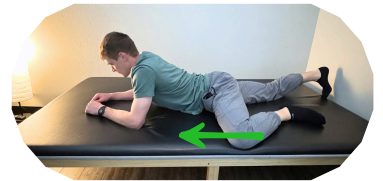
Cervical hang/open book

Let head just hang and relax. Option: Stay on 1 arm and rotate other arm to the ceiling.



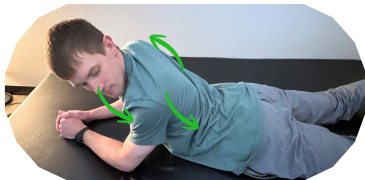
Tummy time

Rest fully flat or move up to elbows. Bend knee up and rock back and forth for hip mobility.



Army crawl

Flat or on elbows, slide knee toward arm pit. Rest or exaggerate with bending/straightening opp. knee.



Upper thoracic

On elbows, up tall. Rotate shoulder blades and look behind you. Alternate directions.



Upper back/shoulder/back

Can do like pic or standing at a counter. Thumbs up. Drop chest through arms. Hang head.



Fascial stretch

Legs up the wall, heels press to ceiling. Can add palms to ceiling. Rest 1-2 min. Open legs.



Hamstring flossing

Hold thigh, bend and straighten knee, leading with heel. Flosses sciatic nerve.

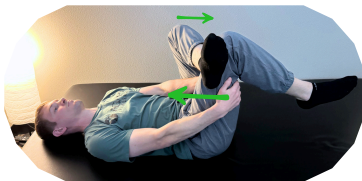
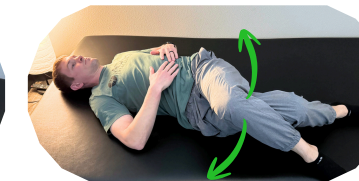


Figure 4 stretch

Good for hip joint, but also muscles in back of the hip.



Lumbar/hip

Cross one leg fully over other and rock back and forth a few times. Rest on last rep.



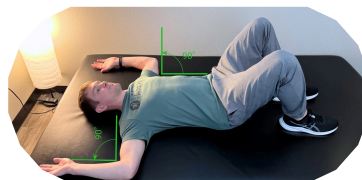
Lower trunk rotation

Focuses on low back. Rock both knees together side to side. Open arms up to enhance.



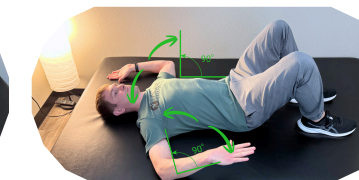
Knee rocking

One leg at a time focuses on hip joint. Rock in and out. Try different foot placements.



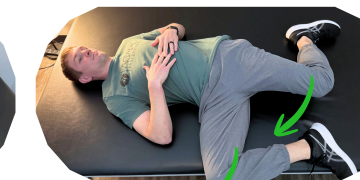
Goal post

Rest in this position. Add a thoracic wedge.



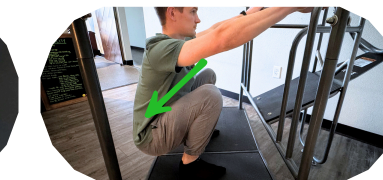
Shoulder rotation

Keep elbows at shoulder height but rotate arms opposite ways.



Windshield wipers

Feet wide, let both legs rest to the right. 'Windshield wipe' back and forth.



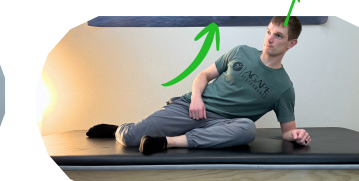
Semi hang

Can do at a sink. Hold on, sit back and rest. Soften back.



Straddle

Sit tall. Add trunk rotation, or forward fold, or thigh rotations. or a reach to the ceiling with arm.



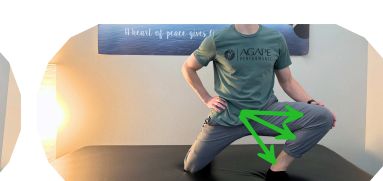
Side sit

Legs to one side rest on one elbow. Then press up to hand. Experiment with trunk shifting.



Hip and trunk mob

In half kneeling position, stay tall and rotate trunk. Relax and repeat 5 times. Can do in TRUE.



Hip mob

In kneeling position, tuck tailbone, drive pelvis into different angles, toward foot.