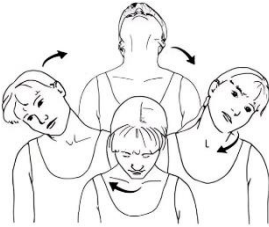


Everyday mobility routine:

We recommend this first thing when you wake up for when you get home



1. Neck Rotations (10 rotations each way)



2. Shoulder Rotations (10 rotations each way)

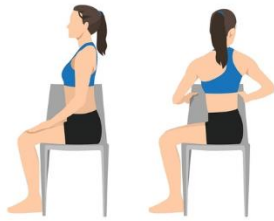


3.  Tall Upper Body Stretch (10 seconds)



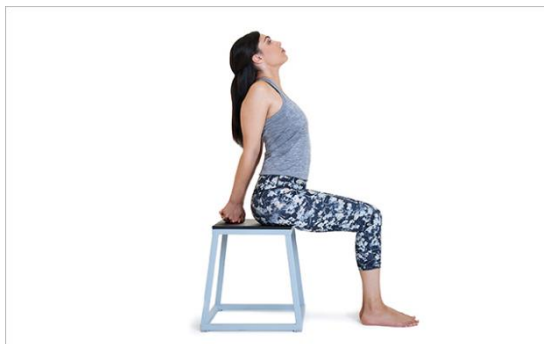
4.

Side Bend Stretch – (10 seconds both sides)



5.

Seated Spinal Twist – (10 both sides)



6.

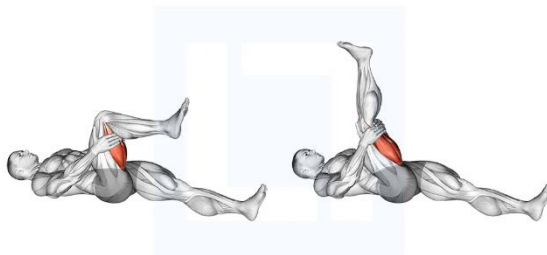
Seated Back Bend Stretch (10 seconds)



7. Forward Fold Stretch (10 seconds)



8. Seated Spinal Twist – (10 seconds both sides)



9. Single Knee Hug – (10 seconds both sides)



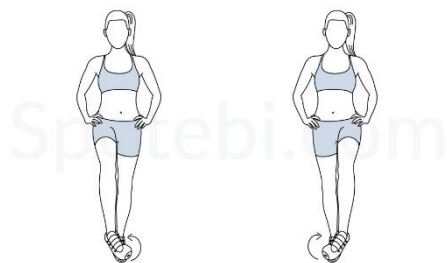
10.
seconds)

Full Body Stretch (10



11.
seconds both sides)

Quadriceps Stretch – (10



12.
both sides)

Ankle Rolls – (10 rotations