

# Neck:



1. Sit or stand up tall, pull your belly and chin in, then bring your hands up palms facing forward and bring your elbows and shoulders down.

In that position you will tilt your head down/up, left/right, and side to side. Taking a deep breath in each head position.

2. In the same position as number 1, you will make a fist in each position and build tension (flex) in each head position for 5 seconds.

\*mobility of the cervical spine can cause some sensations of nausea and lightheadedness. Begin very light and monitor how you feel

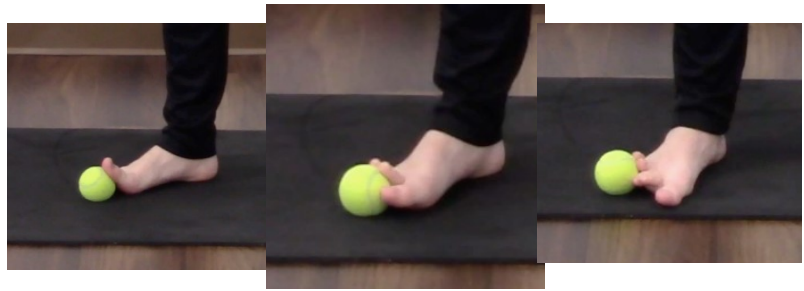


1. Sit or stand up tall, pull your belly and chin in, then extend your hands out to the side making a "T". Extend your wrists as if you were pushing two imaginary walls apart, then make small circles with both arms, like you were waxing a car. 30 seconds each direction
2. In the same position as number 1, turn your thumbs up (fingers pointing back) extend the hands flat and then slowly make a fist one finger at a time and flex your wrists forward holding for 5 seconds. 10 repetitions

# Wrists:



# Foot/Ankle:



1. Stand with one foot on the ground and the other on a tennis ball. Gently roll the ball forward and backwards over the arch of your foot and then scrape your arch across the tennis ball laterally. 30 seconds each

Next place the ball under your big toe stretch for a few breaths and then gently push down on the ball with the Toe, repeat 3 times and then move on to your next two toes and then your last two.



2. Standing tall up against a wall, move your feet a small step forward, while keeping your hips against the wall. Then make sure your knees stay straight and lift your toes as high as you can while staying planted in your heels. Hold for 5 seconds, 10 repetitions. (move feet further to make it harder, closer to make it easier)

# Hips:

1. Sit on the ground with one leg bent at a 90 degree angle in front of you and the other leg bent at a 90 degree angle to the side. Sit as tall as you can trying to keep shoulders over hips. Take several deep breaths here and then begin moving bringing your chest down towards your front shin and back up. Then add rotation to both sides, inhale come back to center and exhale rotate to right or left.



2. From a standing position with feet about shoulder width apart, push your hips back slightly and then sit them down into a deep squat. If you can't sit to the point where you can relax your thighs use a door jam or something to hold on to. Try to focus on keeping even pressure through the 4 corners of your feet and keeping your shoulders aligned over your ankles.

Take deep breaths in the bottom position. Each week try to improve how long you can sit in a deep squat (start with 10sec, then 20sec on week 2).

Then try to inhale and activate all your leg muscles and then exhale and relax them again, repeat 5 times.

