



DAILY MOTION ROUTINE

BODY PART / MOVEMENT	REPS
NECK CIRCLES	3-5ea
SHOULDER BLADE CIRCLES	3-5ea
SHOULDER CIRCLES	3-5ea
TRUNK FLEXION/EXTENSION	3-5ea
TRUNK ROTATION	3-5ea
HIP CIRCLES	3-5ea
ANKLE CIRCLES	3-5ea
90/90 HIP FLOW	3-5ea
CAT-CAMEL	3-5ea

Instructions:

1. Isolate the motion to the bone/joint being moved and avoid compensation.

2. Go SLOW and actively EXPLORE and EXPAND your outer limits of mobility. Be willing to apply the effort and concentration required to gently increase your range. Without this active and intentional exploration, you're joint "going through the motions" rather than creating the tension needed to improve the joint quality.

3. Start with 20% effort and increase that with each repetition. Perform 3 second isometric "squeeze pauses" on the sticky spots and avoid any "pinching" pain.

Perform a minimum of 3-5 repetitions of each movement path in each direction daily (more is better!). Preferably first thing in the morning, during work breaks throughout the day, and/or as a warm up/cool down for other forms of physical activity.