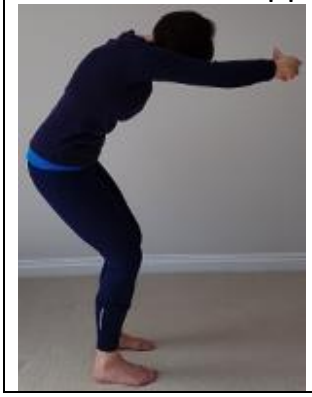
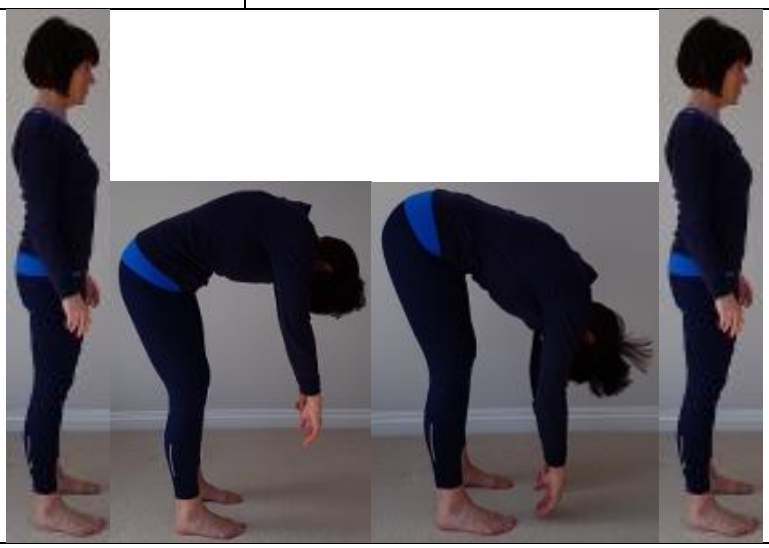
Mobility Moves

Setup	Stand tall, shoulder blades slightly drawn down back and slightly toward each other. Slight tuck of chin. Long back of neck (think, no creases in back of neck).
Wrists	Circle 6-8 times each direction
Thumbs	Circle one thumb one way, one thumb the other way or, both thumbs in the same direction. 6-8 times each direction.
Shoulders	Circles 6-8 times each direction – make the circles as big as it feels right for your shoulder.
Hips	Feet mat width apart - Circle hips 6-8 times each direction. Feet mat width apart - Push hips from side to side, keeping head & shoulders still. 6-8 times each way.
Back Release	Stand with feet mat width apart, turn from side to side swinging arms as you go. 6-8 times each side.
General Mobility	Stand tall, feet hip distance apart, keep shoulders down away from ears. Breathe in raise arms up, breathe out lower. Breathe in raise arms up, maybe raise up onto tiptoes, breathe out, lower heels, bend knees (into almost a squat) and swing arms. 6-8 times
Back Stretch – Upper back 	Stand with feet hip distance apart, very slight bend of the knees, round back, slight tuck of the chin, arms in front, slight bend in the elbows, hands clasped. Aiming to feel as though you are separating your shoulder blades. Either repeat 4-5 times or, stay in this position and take 3-4 breathes.

Back Stretch – Lumbar back 	Stand with feet hip distance apart, bend knees a little more than for upper back, round back, tuck of the chin, and tailbone under, arms in front, slight bend in the elbows, hands clasped. Aiming to push your clasped away from you, your spine in the opposite direction, drawing your abdominal in, feel the stretch in your lumbar (lower) back. Either repeat 4-5 times or, stay in this position and take 3-4 breathes.
Waiter Bowing (particularly good for osteoporosis, certain back issues or if a rolldown makes you feel light headed)	Stand tall, feet hip distance apart. Breathe in, long spine. Breathe out, tuck chin slightly and slide palms down thighs as knees bend into a squat type position. Hold this position, breathe in lengthen through spine – crown of head through to tailbone. Breathe out stand back up tall. Either repeat 4-5 times or, stay in this position and take 3-4 breathes.
Rolldown NB. for osteoporosis or certain back conditions that a roll down isn't suitable for, then either stick with the back stretch options above or, a Waiter Bowing – stand tall, feet hip distance apart – breathe out bend knees and slide hands down thighs to knees, keep back straight and long, slight tuck of chin to keep back of neck long and in line with spine. Breathe into back of ribs, breathe out return to standing.	Stand tall, breathe in long spine, as you breathe out – drop chin to chest let shoulder fall forward, arms hang, knees soft, roll through as many areas of your back as is comfortable, once you have gone as far as your back will allow (no pulling or straining here) take a big breathe in to back of ribs and as you breathe out slowly draw yourself back up same way you came down – repeat 4-5 times