Motion is lotion! Use this easy joint routine to alleviate discomfort and get your joints moving everyday. Complete 5-10 repetitions of each exercise depending on what feels good for your body. If you feel any of these exercises might cause pain or discomfort please consult with a health care practitioner.

### MASSAGE FEET AND ANKLE MOBILITY

- Using your hands gently massage your feet and toes
- In a seated position go through ankle mobilizations including pointing and flexing the foot, and drawing circles
- Gently bend, twist, and tug on your toes

### HIP CIRCLES

- **All 4’s Position:**
  - On the hands and knees, use a foam to support one knee
  - Keeping the back straight, draw a circle of the hip and add heel kicks
- **Side Lying Position:**
  - Lying on your side, bring your knee into your chest, then open up your leg up and back, turn your knee down and return to the start position
SPINAL FLEXION AND EXTENSION WITH SHOULDER ROTATIONS

- In a standing posture, start to flex your neck and upper back, simultaneously internally rotating your shoulders
- Followed by looking up and extending your neck and upper back while externally rotating your shoulders

THORACIC SPINE AND NECK ROTATIONS

- With your arms relaxed let your head and upper back fall forwards, then tilt the head and back to the right, look up to the roof with a slight lean back, then tilt to the left and return to the forwards position
- Repeat in the opposite direction