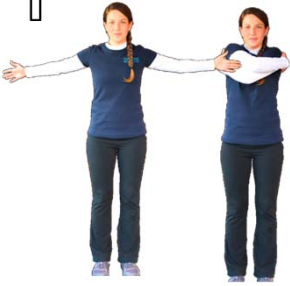


Top 10 movements to help increase **mobility** and maintain strength, flexibility and conditioning. For optimal **maintenance**, perform these activities daily.

1



Bear Hug (Upper Body Warm Up)

- 1) Stand with feet hip width apart, knees slightly bent
- 2) With arms out to the sides, parallel to the floor, swing arms forward giving yourself a 'hug'
- 3) Swing arms back until you feel the stretch in your chest
- 4) Continue swinging your arms in this manner for 20-30 seconds

2



Squat (Lower Body Warm Up)

- 1) Stand with feet shoulder width apart, toes facing forward
- 2) Bend at your knees and slowly lower down, pushing your butt back as if sitting into a chair while raising your arms
- 3) When thighs are parallel to the floor, push through your heels to return to starting position
- 4) Complete 8-12 repetitions

3



Neck Stretch

- 1) Keeping shoulders stationary, tilt your head to the right bringing your right ear down toward your right shoulder
- 2) Hold the stretch for 20-30 seconds
- 3) Repeat on the opposite side

4



Shoulder Stretch

- 1) With your shoulders down and relaxed, reach one arm across chest, parallel to the floor
- 2) With the other arm, place hand near the elbow or on the forearm
- 3) Gently pull your arm in toward chest
- 4) Hold for 20-30 seconds
- 5) Repeat on opposite side

5



Rotator Cuff Stretch

- 1) Stand with your right hand behind your back and your elbow pointing out
- 2) Reach over with your other hand and gently pull your elbow forward
- 3) Hold for 20-30 seconds
- 4) Repeat on the other side

6



Triceps Stretch

- 1) Stand upright with one arm behind your head, bent at the elbow and the other hand on the bent elbow
- 2) Gently pull the arm across and down, lowering your hand to touch your upper back
- 3) Hold for 20-30 seconds
- 4) Repeat on opposite side

7



Cat Cow Stretch

- 1) Stand with feet shoulder width apart
- 2) Bend forward 45 degrees and place hands on thighs above knees
- 3) Arch your back as you look up toward the ceiling
- 4) Hold for 5-10 seconds
- 5) Round your back as you look toward the floor
- 6) Hold for 5-10 seconds
- 7) Continue alternating 5-7 times

8



Hip Stretch

- 1) Put one foot in front of the other with the front leg slightly bent and the back leg straight
- 2) Raise arms above head with arms in line with the ears
- 3) Lunge forward by bending the front leg keeping your torso straight
- 4) Hold for 20-30 seconds
- 5) Repeat on the opposite side

9



Hamstring Stretch

- 1) Extend one leg in front of you, heel on the ground and toes pointed up
- 2) Bend the back knee and slowly bend forward keeping your back straight while reaching for the toes of your extended leg
- 3) Hold for 20-30 seconds
- 4) Repeat on the other side.

10



Quad Stretch

- 1) Stand near a wall or chair for support
- 2) Grasp your ankle and gently pull your heel up and back until you feel a stretch in the front of your thigh.
- 3) Hold for about 20-30 seconds.
- 4) Repeat on the opposite side

Please complete this log each week. Note whether you completed all/some of the 10 stretches, and how you're feeling at the end of each week of the program. Keep this log in safe place and at the end of the 10 weeks, return this log to LACERS Well via email, fax, **or** mail.

Mail: Attn: LACERS Well
202 West 1st St. Suite 500
Los Angeles, CA 90012-4401

Email: lacerswell@LACERS.org

Fax: (847) 890-6273

Member's name: _____

Best phone contact #: _____ Email: _____

	Number of stretches completed/day	Rate any change in your mobility	Rate any change in your pain level	Weekly program reflection. Use + paper if needed.								
		<table border="1" style="display: inline-table; text-align: center;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> </table> No difference ←————→ Large improvement	1		2	3	4	5	<table border="1" style="display: inline-table; text-align: center;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> </table> No difference ←————→ Large improvement	1	2	3
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