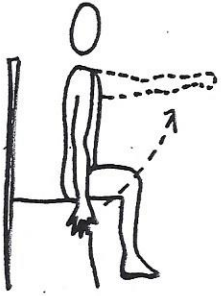


# Hand · Wrist · Lower Arm

Open · Close (fist)



Wrist circling



Hand and wrist stretch



Wrist flex and extend

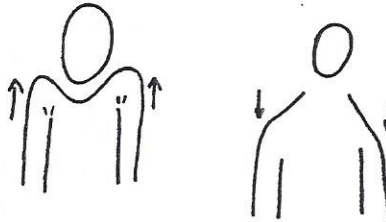


# Neck · Shoulders

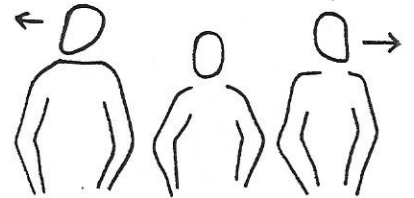
Shoulder circling



Shoulder shrugs



Head turning



Head dangling, hands on floor



Lean forward with the upper body, separate the knees and place the hands on the floor in front of the chair. Relax all the muscles in the neck so the head will hang down like a yo-yo on a string. Relax all the face and scalp muscles. Close the eyes. Hold for four slow counts. (If you feel dizzy, rise up slowly to a sitting position.) Describe a circle with the top of the head and reverse the direction. Move slowly and deliberately! From the dangle position rotate the neck so the chin moves from one shoulder to the other very slowly.

Lift both shoulders up to the ears and hold two counts. Press shoulders straight down as far as they will go and hold for two slow counts. Repeat three times. Keep the arms relaxed and make the shoulders do all the work.

Start: Sitting position B with hands in lap. Hold head upright with chin parallel to floor. Turn the head so the chin is over one shoulder. Keep the chin parallel to the floor throughout. Return to forward position. Move the chin to the other shoulder, turning head very slowly and smoothly. Repeat three times. Keep shoulders relaxed throughout. Some variations: 1) Nod head two times while chin is over shoulder. 2) When the chin has gone as far as possible press a bit further to increase the range of movement. 3) When chin is at the shoulder, lift it up as far as it will go. Return to parallel chin before repeating over other shoulder. **DO NOT RUSH!**

# Ankle · Feet · Lower Leg

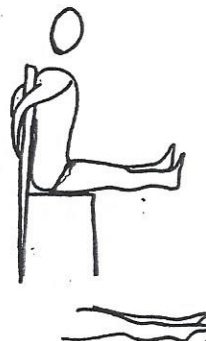
Ankle circling



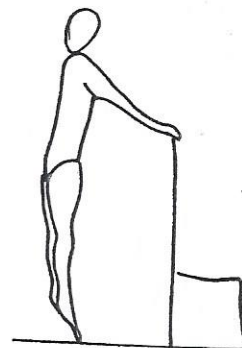
Heel-toe rock



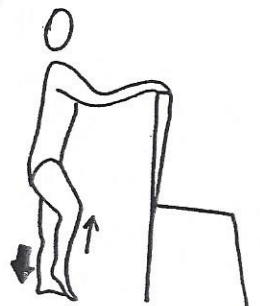
Ankle flex and extend



Toe rising

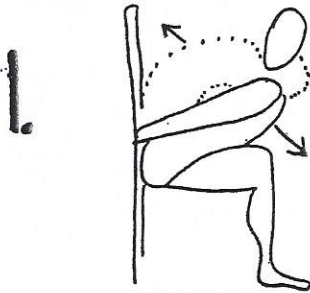


Pedaling



# The back moves 3 main ways: Forward and back • Side to side • Twists

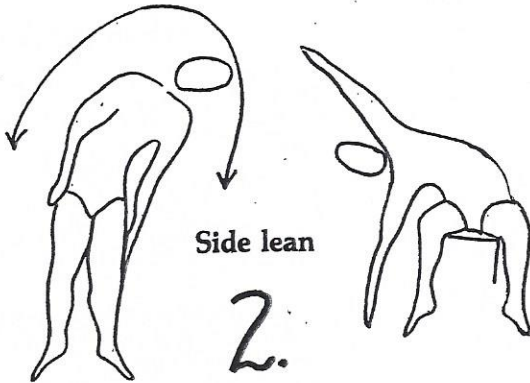
## Chest lead forward, spine uncurl



Start: Sitting position B with hands holding on to back of chair and separate the knees.

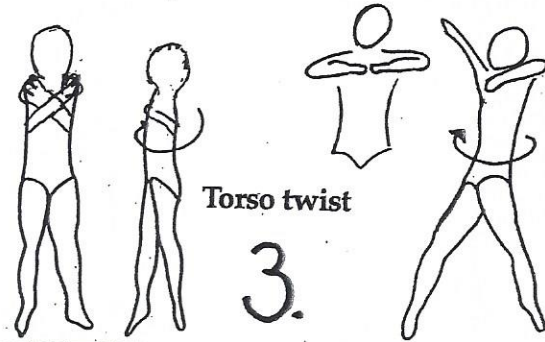
Press the chest forward, squeezing the shoulder blades, as far as possible. Pull back by leading with the lower back until the whole back rests against the chair once more. Move forward and back in this manner very slowly three more times. Let the head drop back while leading down with the chest. As you pull back to sit up, look into your lap. The chin is tucked in at this point. Allow the neck to move smoothly in this manner as part of the flexible spine. As soon as you reach a high sitting position press the chest forward again without stopping. Keep the spine "rippling."

Do not be discouraged if there is little spine flexibility at first. You will notice more movement as skill in controlling the spine improves.



Side lean

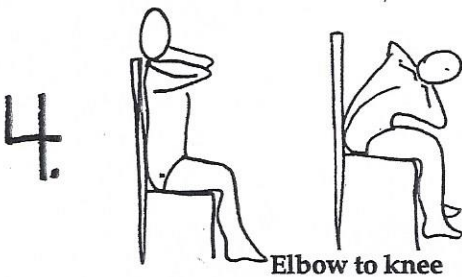
2.



Torso twist

3.

## A 4<sup>th</sup> way is twisting, then bending. This reaches your sacral area (side low back).

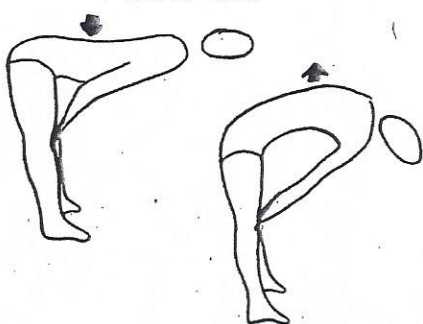


Elbow to knee

Start: Sitting position B with hands clasped behind the neck at hair line keeping elbows at shoulder level. Hold head erect.

Twist the torso and lower the upper body so the right elbow touches the left knee. Return to start. Twist and touch left elbow to right knee while bending over. Squeeze between the shoulder blades to keep the elbow spread. This exercise is challenging if the back remains against the chair. Twist the torso as before, lift the opposite knee to make contact with the forward elbow. Place foot on the floor. Repeat with other knee and elbow.

## Round and straight back "Cow-Cat"



## Hip rotation



Pam Christensen  
classes M•T•Th 9:15  
Epworth UMW  
419/882-1908

Our bodies are built  
to move...  
so MOVE!