

## MOBILITY EXERCISES

Perform the following mobility exercises to increase or maintain your range of motion, to improve flexibility, and to combat stiffness and soreness that can arise from vibration and prolonged sitting. These exercises should not increase or reproduce pain. If you cannot complete the full range of motion, do what you can comfortably.

### Lower Trunk Rotation

Start by lying on your back with knees bent. Slowly rotate the knees towards one side. Hold for a second then slowly rotate knees toward the other side. Keep shoulders on the floor, it's okay if the low back/hips come off the floor slightly. Move smoothly and with control between positions, repeat up to 10-15 times.



### Knee to Chest

Lay on your back with knees bent. Slowly bring one knee to your chest using your hands to assist. Keep back flat on the floor. Hug the knee to your chest and hold for a few seconds. Slowly release the leg and return to starting position. Repeat with other leg. Move smoothly between legs, repeat 10-15 times..



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### Open Book

Begin lying on your side with your legs bent and your arms together straight in front of you on the ground (#1).

Lift your top arm straight up and over to the floor on your other side. Keep your knees together and don't let your hips move (#2). Repeat 5-10 times with each arm.

#1



#2



### Supine Butterfly

Begin lying on your back with your hands clasped behind your head and elbows together - do not pull on your neck. Bring your elbows apart toward the ground until you feel a light stretch along the front of your chest and shoulders and gently squeeze your shoulder blades together as you lower your elbows. Return to the start. Repeat 5-10 times.



### Doorway Stretch

Begin in a standing upright position in the center of a doorway. With your elbow bent, place your forearm on the side of the doorway at a 90 degree angle from your side. Take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold for 30 seconds. Repeat 3 times each arm.



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### Figure 4 Stretch

Begin lying on your back with your knees bent. Cross one leg over the other so your ankle is resting on your opposite knee. Apply gentle pressure to your bent knee with your hand until a stretch is felt in your buttock. To intensify the stretch, pull your leg towards your chest. Hold 30 seconds. Repeat 3 times with each leg.

Less Intense Stretch



More Intense Stretch



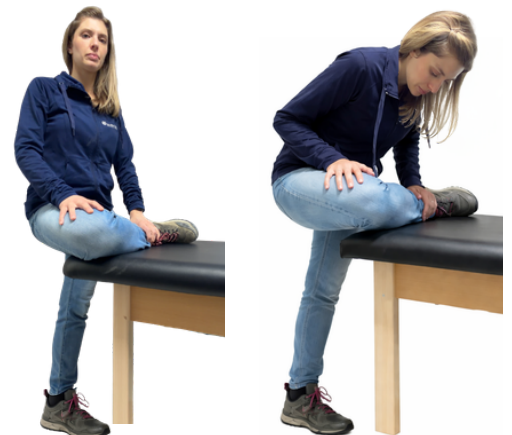
### Pigeon Stretch - Floor

Begin sitting upright on the floor with one leg positioned in front of you and one behind you, with knees bent. Keeping your shoulders forward to avoid twisting, slowly lower your chest toward the ground until you feel a gentle stretch in the hip and buttock muscles of your front leg. Hold for 30 seconds. Repeat 3 times with each leg in front.



### Pigeon Stretch - Standing

Begin standing upright with one leg bent resting on a table or bed. To increase the stretch, gently lean forward, hinging at your hips, until you feel a light pulling across your hip and buttock. Hold for 30 seconds. Repeat 3 times with each leg resting on the table/bed.





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### Lumbar Traction

Begin lying on your back with your knees bent and feet resting flat on the floor. Place your hands on the tops of your thighs, close to your hips. Keeping your trunk and abdominals relaxed, slowly straighten your elbows and press down on your thighs until you feel gentle relief in your lower back. This can also be performed in the recovery position, with your legs supported on a stable surface. Make sure to slowly increase pressure and release pressure, and stop if you feel worsening pain. Hold for 10-30 seconds. Repeat 3-5 times with a brief rest period between repetitions.



### Knee Traction

Start by sitting in a comfortable position with your knees bent. Roll up a small towel and place it behind the knee joint, right in the crease behind the knee and bend the knee enough to lightly “trap” the towel between your thigh and calf. Hold the front of your shin with both hands and gently pull your shin toward you while keeping the towel behind the knee. The towel creates a small gap in the knee joint and provides a mild traction or “distraction” effect. You can slightly turn the foot inward or outward to change where you feel the stretch, but it should stay comfortable and never be sharp or painful. Hold for 10-30 seconds. Repeat 3-5 times with a brief rest period between repetitions.

