

5-10x each side

No equipment needed!

PRE-SHIFT MOBILITY

T-SPINE OPEN BOOK ROTATION

Lay on your side with your bottom leg straight, your top leg bent at a 90-degree angle, & your arms straight on the ground together. Slowly move your top arm away from your other arm, toward the floor on the other side, rotating your trunk at the same time. Make sure to keep your top leg on the floor & only go as far as you can without arching your back.



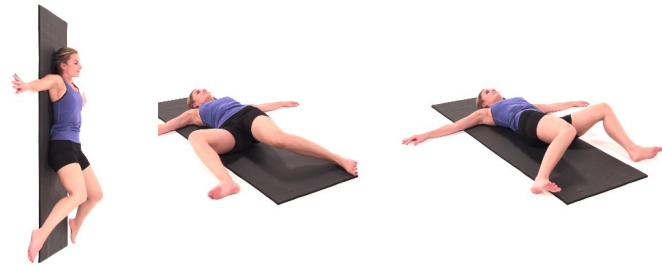
T-SPINE EXTENSION

Begin on all fours. Move your hands out in front of your body while keeping your legs in the same position & bend your chest down toward the floor until you feel a stretch in your upper back & hold. Make sure your hips don't move backward during the stretch.



BENT KNEE FALL IN & OUT

Begin lying on your back with your knees bent & feet flat on the floor with your feet wider than hip width apart. Let both knees fall toward the same side then **hold this position for 10-15 seconds**. Repeat on the opposite side. Make sure to keep your back & shoulder flat on the floor.



SHOULDER WALL ANGELS

Stand against a wall. Tuck your tailbone to press your lower back as close to the wall as possible. Bring your elbows out to your sides in line with your shoulders, elbows bent to 90 degrees, & the backs of your hands flat against the wall. Keeping your hips, back, head, & arms against the wall, slide your arms up the wall as far as comfortable. Pause at the top, then reverse the motion to return to the starting position.



ANKLE MOBILITY

1.) Begin in a low lunge with 1 foot planted on the floor & use the opposite leg as support. Keeping your back straight, shift your weight forward over your knee until you feel a stretch in the back of your planted foot (Achilles tendon).

1.)



2.) Assume same position as above, slowly shift backward onto the back foot with top of the foot flat on the ground. You should feel a stretch in the front of your ankle along your shin bone.

2.)



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