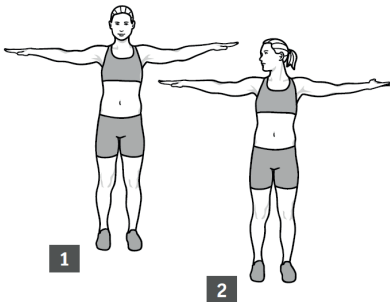


6 EFFECTIVE MOBILIZATION EXERCISES



Arm Circles

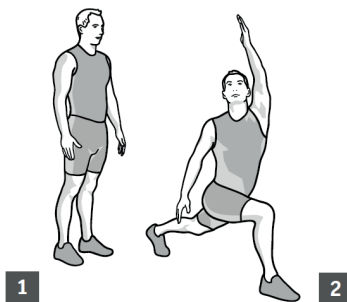
Take an upright, hip-wide stand. Circle the arms in a large arc from front to back.



Neck and Shoulder Mobilization

1. Adopt an upright, hip-wide stance, stretch your arms to the side and keep them horizontal.

2. Alternately turn your palms up and down in opposite directions. Turn your head to the side with the palms facing down.



Lunge With Overhead Reach

1. Take an upright, hip-wide stance. Feet are parallel.

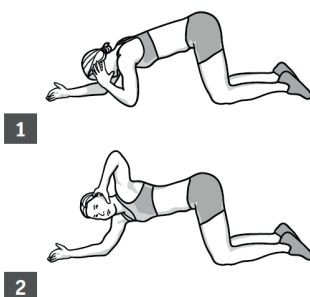
2. Take a deep lunge from a stable stand. The back leg is stretched out, the front leg is bent. Extend the arm opposite the bent leg upwards and tilt the upper body towards the upright leg. Alternate a lunge with the right and left foot forward.



Cat & Cow

1. Take a quadrupedal position. The hands are under the shoulders, the knees under the hips. Now pull the chin towards the chest and push the pelvis backwards and upwards so that the back becomes round. Pull the navel towards the spine. Push actively from the floor with your hands.

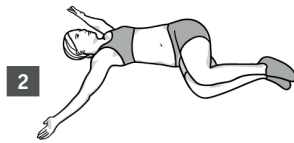
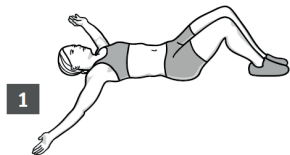
2. Then stretch the spine again, let the belly sink down, tilting the pelvis forward and pushing the buttocks up. In this movement push the sternum forward and lift the head. In a flowing, slow alternation, perform the flexion and extension of the spine.



Upper Back And Shoulder Mobilization

1. Take a quadrupedal position, then put your forearms down. The elbows are just below the shoulders, the hips are slightly in front of the knees. Place the fingertips of one hand on the side of the head. The elbows are off the floor.

2. Turn up in a flowing movement to the side and close again. The gaze moves with the elbow.



Hip Mobilization

1. Lay down. The knees are approximately at right angles. Extend your arms to the side with palms facing up.
 2. Bring your legs alternately to the right and left side in a flowing and slow movement.
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