

JOINT MOBILITY



A STEP TOWARDS BETTER HEALTH



HENRI HENELL

PROLOGUE

Our body is like a car-engine - it doesn't work without oil. Start your day with joint-mobility drills while you're waiting for your coffee to brew. You're then ready to face the challenges the day may bring.

In this booklet you'll find simple and short exercises which can make your day better and easier.

Do every drill 5 times per direction at a slow pace. It's best to do these exercises while standing. You can also do these exercises while sitting or laying down. It is important to move towards pain - not beyond.

I hope you enjoy this booklet.

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NECK

- Turn your head from side to side



NECK

- Push your chin forwards and backwards



NECK

- Move your head from side to side



NECK

- Lay your ear from shoulder to shoulder



NECK

- Put your chin against your chest
- Bend your head backwards.



SHOULDERS

- Roll your shoulders up - behind - down - forward
- Do the same in the other direction



SHOULDERS

- Extend your arms to the sides
- Pull your shoulder up and twist your arms
- Bend your knees downwards
- Stretch your arms, and do it in reverse.



ELBOWS

- “The Hitchhiker”
- Stretch out your arm
- Lead your arm under your chin and repeat
- Change direction



WRISTS

- Lift your wrists up and down
- Turn your wrists out from side to side



FINGERS

- Roll your fingers in circles one at a time
- Do it both directions



CHEST

- Inhale - push the chest forward
- Exhale - push the chest backwards



CHEST

- Put both arms to the sides
- Push your chest from side to side



LOWER BACK

- Bend backwards
- Bend your knees and sit down



HIPS

- Swing your foot forwards and backwards
- Swing your foot from side to side
- Repeat with the other foot



HIPS

- Straighten your leg
- Twist your foot in and out



KNEES

- Lift your thigh to a 90° angle
- Stretch your foot and bend back



KNEES

- Let your foot hang in a 90° angle
- Twist your foot inwards and outwards



ANKLES

- Stretch your ankle up and down



ANKLES

- Twist your foot inwards and outwards



Designed by Juho-Taneli Henell
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