

Mobilisers – slow movements

All of the following moves can be done in a standing or seated position.

Fingers and thumbs

- 👉 Finger to thumb
 - Press each finger to the thumb in turn, then reverse
- 👉 Clench and stretch
 - Make a fist then stretch the fingers and thumbs out as far as possible
- 👉 Piano playing
 - Play an imaginary piano keeping the elbows tucked in and the forearm parallel to the floor

Wrists

- 👉 Royal wave
 - Wave the hands from side to side
- 👉 Hand flaps
 - Flap the hands up and down
- 👉 Circle hands
 - Circle the hands round and round, repeat both ways

Elbows

- 👉 Hand to shoulder
 - Touch the hand to the opposite shoulder then to the same shoulder, one at a time or both together
- 👉 Wiper wave
 - Wave the forearms and hands from side to side together

Shoulders

- Shrugs
 - Lift the shoulders up towards the ears then drop back down
- Backward shoulder rolls
 - Roll the shoulders up, back and down
- Bent arm or straight arm circles
 - Circle the arm backwards around the shoulder joint with the arm bent or straight



Spine

Dumb waiter

Tuck the elbows into the waist, bend the elbow to a right angle with the palms facing up. Open the hand and arm out to the side.



Side twist

Gently turn the body to one side keeping the hips still, then repeat to the other side.



Side bend

Lean over to one side then return to centre, repeat to the other side,



Hips

Knee lifts

Lift the foot from the floor a few inches, keeping the tummy tight and back tall.

Standing half squats

Stand with feet hip width apart and push the bottom back while bending the knees.



Knees

Standing heel to bottom

Stand with the feet shoulder width apart and rock the body side to side while bringing the heel up towards the bottom at the back.

Seated leg extending

Sit on the front third of the chair with the feet hip width apart and flat on the floor. Straighten one leg squeezing the thigh muscles, then return to the floor and repeat with the other leg.



Ankles

Toe taps and heel digs

Tap the foot in front, then dig the heel in front.



Foot pedals

Pedal the heels up and down alternately, keeping the toes on the floor.

Heel toe shuffles

Heel toe the feet out to the sides together one way, then back to centre, then heel toe the feet in opposite directions.

Pulse raisers – Start slowly up build up

Foot pedals

Pedal the heels up and down alternately, keeping the toes on the floor.



Single toe taps

Tap the toes out in front, stretching through the foot.



Single heel digs

Dig the heel out in front, stretching through the calf.



March in place

March on the spot.

Knee lifts

Lift the knee a few inches.



Heel to bottom or under chair

Tap the foot back under the chair.



Leg extensions

Lift one foot up to knee height. Keep the knees level.



Forward march

Walk forwards and back, or march the feet out in front and back.

Arms

Marching arms

Swing the bent arm at the sides

Arm raises

Raise the arm in front, up to shoulder height.



Side arm raises

Raise the arm to the side, with the elbow slightly bent. Keep below shoulder height.



Canoe arms

Move the arms side to side as if paddling a canoe.



Boxing arms

Gently extend arms as if punching.



Front crawl

Make a front crawl move with alternate arms.

Breaststroke

Make a breaststroke move with both arms.



Backstroke

Make a backstroke move with alternate arms.

