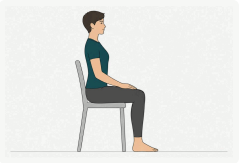
MOVEMENT SHEET · ABOUT 8 MINUTES

Desk-to-Dinner Mobility

Eight moves for the neck, mid-back, hips and hamstrings. Do them mid-morning, after lunch, or before dinner to undo a long day of sitting.

STOP RULE: READ FIRST

These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.



01 Chin Tucks

NECK · **8 REPS · 3-SEC HOLD**

Sit tall. Glide your chin straight back, like making a double chin, without tipping your head down. Relax and repeat.

Level up: Do it against a headrest or wall.

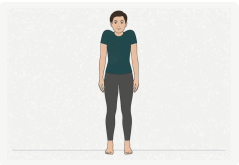


02 Neck Side Stretch

NECK + UPPER SHOULDERS · **2 × 20 SEC EACH SIDE**

Sit tall, reach one hand toward the floor, and tip your ear toward the other shoulder until you feel a gentle stretch.

Level up: Turn your nose slightly down toward your armpit.



03 Shoulder Rolls

SHOULDERS · **10 BACK · 5 FORWARD**

Lift your shoulders toward your ears, roll them back and down, and let them settle. Slow and smooth.

Level up: Add a 2-sec squeeze at the bottom.

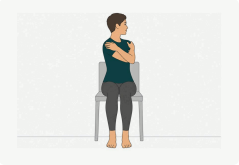


04 Seated Back Bend

MID-BACK · **8 REPS**

Sit in a chair with a firm backrest, hands behind your head. Gently arch your upper back over the top of the chair, then return.

Level up: Pause 3 sec with a slow breath.

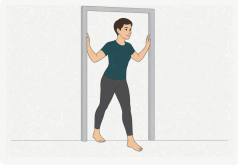


05 Seated Rotation

MID-BACK · **6 EACH SIDE**

Sit tall, arms crossed. Turn your chest to one side as far as is easy, pause, and return. Keep your hips facing forward.

Level up: Hold the chair back for a little more turn.

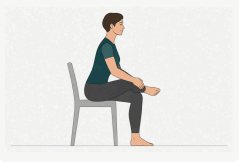


06 Doorway Chest Opener

CHEST + SHOULDERS · **2 × 20 SEC**

Forearms on the door frame at shoulder height. Step one foot through until you feel a stretch across your chest.

Level up: Raise elbows slightly higher.



07 Seated Figure-4

HIPS · **2 × 20 SEC EACH SIDE**

Sit tall and rest one ankle on the opposite knee. Hinge forward a little from your hips until you feel the stretch.

Level up: Hinge a little farther, back flat.



08 Heel-Dig Hamstring Stretch

BACK OF THIGHS · **2 × 20 SEC EACH LEG**

Put one heel forward with the knee straight and toes up. Bend the back knee and hinge forward with a long back.

Level up: Rest the heel on a low step.

Tip: Breathe out slowly as you move into each stretch. Effort should stay around 3 out of 10.

Educational, not medical advice. Talk to Dr. Fair before changing your exercise, food or supplement routine.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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