MOVEMENT SHEET · ABOUT 12 MINUTES

Joint-Friendly Daily 10

Ten low-load moves for knees, hips, shoulders and spine. Do them once a day, slowly, in a range that feels easy. Effort should stay around 3 out of 10.

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.

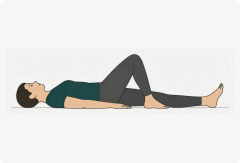


01 Cat-Cow

SPINE · **8 SLOW REPS**

On hands and knees. Round your back up, then let it gently sag as you look forward. Move with your breath.

Level up: Pause 3 sec at each end.

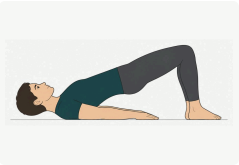


02 Heel Slides

KNEES · **10 EACH LEG**

Lie on your back. Slide one heel toward you, bending the knee only as far as is comfortable, then slide it out.

Level up: 2 sets; add a towel under the heel.



03 Glute Bridge

HIPS · **10 REPS · 3-SEC HOLD**

Knees bent, feet flat. Squeeze your glutes and lift your hips into a straight line from knees to shoulders.

Level up: March feet at the top.

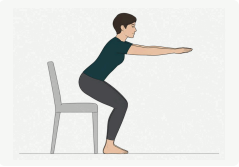


04 Supported Side Leg Raise

HIPS · **10 EACH SIDE**

Hold a chair. Keep your toes forward and lift one leg out to the side without leaning.

Level up: Light band above the knees.

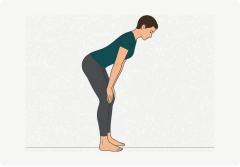


05 Sit-to-Stand

KNEES + HIPS · **8–10 REPS**

Feet hip-width. Lean forward, push through your heels to stand, then sit back down slowly.

Level up: Lower over 3 sec; lower chair.

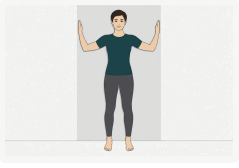


06 Hip Hinge

HIPS + SPINE · **10 REPS**

Soft knees, hands on thighs. Push your hips back with a long, flat back, then stand tall.

Level up: Hold a light weight.

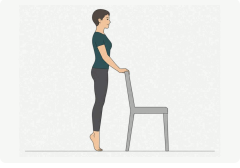


07 Wall Slides

SHOULDERS · **10 REPS**

Back to a wall, arms in a goalpost. Slide your arms up as high as is easy, then down.

Level up: Lift hands off the wall at the top.

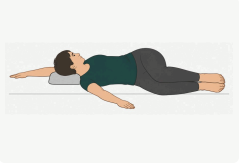


08 Supported Calf Raises

ANKLES + KNEES · **12 REPS**

Hold a chair. Rise onto the balls of your feet, pause, and lower slowly.

Level up: Single leg, holding on.

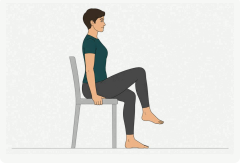


09 Open Book

UPPER BACK · **6 EACH SIDE**

Lie on your side, knees bent. Sweep the top arm open toward the floor behind you, following it with your eyes.

Level up: 3-sec hold with a slow breath.



10 Seated March

HIPS · **10 EACH LEG**

Sit tall near the front of a chair. Lift one knee a few inches, lower it, and switch.

Level up: 2-sec hold at the top.

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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