Brilliant Fit Daily Stretch

Created by Brant Rotramel Apr 7th, 2022

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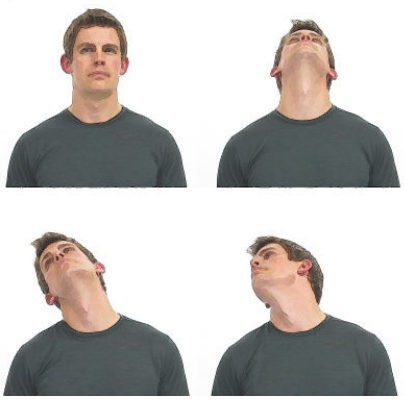


Neck Stretch - Neck, Traps, Head Mobility, Stretch, Jaw

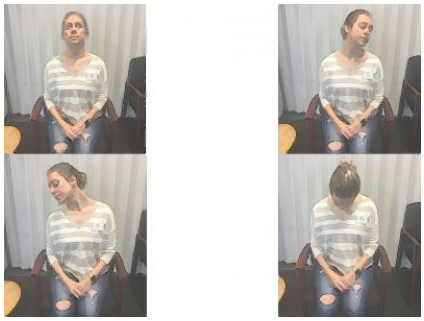
Start with your head in a neutral position, then tilt upwards, followed by lateral tilt, and finally rotate to the same side and hold. Keep your upper and lower teeth in contact during this stretch.

You should feel a stretch at the front/side of your neck opposite the direction you are rotating.☐

I want you to stretch all angles of your neck, left, right, up, and down. Do it twice on each side.

Repeat 2 Times | Hold 3 Seconds

Complete 1 Set | Perform 2 Times a Day



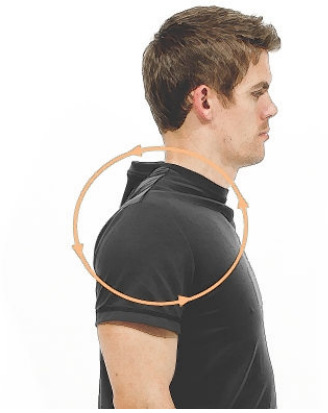
Head Circles - Neck, Traps, Head Mobility, Stretch

Sitting or standing start with a tall posture imagining your spine lengthening. Draw an imaginary circle with your nose in a pain-free range of motion. ☐

Make 10 circles, 5 in each direction.

Repeat 1 Time

Complete 1 Set | Perform 2 Times a Day



SHOULDER ROLLS - Shoulders, Chest, Arms, and Mobility.

Move your shoulders in a circular pattern as shown so that you are moving in an up, back, and down direction. Perform small circles if needed for comfort.☐

Rotate your shoulders like a shrug 5 times forward and five times backward. Make sure you bring your shoulders to your ears.

Repeat 1 Time

Complete 1 Set | Perform 2 Times a Day

Hands Clasp behind back. shoulders, Chest, Arms and Mobility. Cervical/scapular retraction

I want you to do the best you can. If you can't reach all the way behind, try to reach as far as you can without straining.

standing -clasp hands behind
1. Tuck chin
2. squeeze your shoulder blades together at the same time
3. Now gently pull the hands away from your body
Hold for 3 seconds

Repeat 7 Times	Hold 3 Seconds
Complete 1 Set	Perform 2 Times a Day

Scapular retraction W's - Shoulders, Arms and Mobility

You don't have to stand on a wall to do this move. You can sit in a chair too. Place arms into a "field goal" position keeping elbows at a 90-degree angle and hands level with ears. Press hands and elbows into the wall. While squeezing shoulder blades together. Keep as much of your back on the wall as you can.

Repeat 10 Times	Hold 2 Seconds
Complete 1 Set	Perform 2 Times a Day

CROSS ARM STRETCH - Shoulders, Arms and Mobility

Start by grasping your elbow and pulling it across the front of your body for a gentle stretch. Hold and then return to starting position and repeat.

Repeat 2 Times	Hold 10 Seconds
Complete 1 Set	Perform 2 Times a Day

SEATED UPPER TRUNK ROTATIONS - Torso and Spine Stretch

While sitting in a chair, cross your arms in front of you or on your chest and then rotate your upper body to one side and then rotate to the other side and repeat. As you rotate, take deep breaths and exhale as you move to hold your core in tight at the peak of the twist.

Repeat 1 Time	Hold 2 Seconds
Complete 1 Set	Perform 2 Times a Day

SEATED LATERAL TRUNK STRETCH - Torso and Upperbody stretch

While in a seated position, raise your arm over your head and bend your body to the side for a stretch to your back and arm. Hold, then return to starting position and repeat. Reach over as far as you can without straining. Sit with a wider stance if you feel unstable.

Repeat 6 Times	Hold 3 Seconds
Complete 1 Set	Perform 2 Times a Day

SEATED LOW BACK STRETCH - TRUNK FLEXION STRETCH

While sitting in a chair, begin by slowly bending forward and reaching your hands towards the floor. Flex your trunk and head down towards the ground. Hold for a stretch to your back, then return to starting position and repeat. ☐ Stick your feet out farther and keep your legs straighter if you are not feeling the stretch. If you want to feel it in your hips more, sit with your feet much wider than your shoulders as you bend over. Just make sure you are stable and don't slip out of your seat.

Repeat 3 Times	Hold 10 Seconds
Complete 1 Set	Perform 2 Times a Day

SEATED CLAM SHELLS - HIP ABDUCTION ADDUCTION

Start by sitting close to the edge of a chair with knees bent and both feet on the floor. Next, move your knees out to the side as shown and then return to straight ahead. Maintain contact of your feet on the floor the entire time. Move your knees open and closer together for about 30 repetitions.

Repeat 30 Times	Hold 1 Second
Complete 1 Set	Perform 2 Times a Day

KNEE EXTENSION - LONG ARC QUAD

While seated with your knee in a bent position and your heel touching the ground, slowly straighten your knee as you raise your foot upwards as shown. Lower your foot back down until your heel touches the ground and then repeat. Hold onto your seat if you need to. Flex your Quad as you extend your knee. Hold the leg straight out for about 2 seconds.

Repeat 10 Times	Hold 2 Seconds
Complete 1 Set	Perform 2 Times a Day

SEATED MARCHING

While sitting in a chair, lift your foot off the ground as you flex your hip and lift your leg. Lower back down and repeat on the opposite leg. Repeat this alternating movement for about 30 reps.

Repeat 30 Times	Hold 1 Second
Complete 1 Set	Perform 2 Times a Day

SEATED HAMSTRING STRETCH

Sit near the front edge of a chair. Rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Maintain a straight spine the entire time. Bend through your hips. ☐ Hold for 20 seconds on each leg.

Repeat 1 Time	Hold 20 Seconds
Complete 1 Set	Perform 2 Times a Day

SEATED CROSSED LEG STRETCH - HIP STRETCH

While sitting in a chair, cross your affected leg so that your ankle rests on top of your opposite knee as shown.

This may be enough for you to feel a stretch in your hip. If not, gently lean forward until a stretch is felt in the top leg. Hold and then place your leg back down on the floor and repeat. ☐

If you cannot get your foot up to your leg, you can keep your leg on the floor like in the previous Seated Hamstring Stretch exercise that you did right before this. Then work on getting your knee up higher and higher.

Repeat 2 Times	Hold 20 Seconds
Complete 1 Set	Perform 2 Times a Day

TOES RAISES - DORSIFLEXION - BILATERAL

Sit in a chair with your feet flat on the ground.

Next, raise up your toes and forefoot on both sides as you bend at your ankles. Keep your heels on the ground the entire time. If this is difficult, slide your feet forward and try again. ☐

Make sure to push your heels into the floor, don't just lift your feet up and down. Bend your toes back towards your shin.

Repeat 30 Times	Hold 1 Second
Complete 1 Set	Perform 2 Times a Day

HEEL RAISE - CALF RAISE - BILATERAL

While seated in a chair, place your feet on the floor.

Next, press down with your forefoot and toes to raise your heels up off the floor. Lower your heels back down and repeat.

Keep your toes on the ground the entire time.

Make sure to push your toes into the floor, don't just lift your feet up and down.

Repeat 30 Times	Hold 1 Second
Complete 1 Set	Perform 2 Times a Day

GERIATRIC - STANDING HAMSTRING CURLS

While standing next to a chair or countertop for support, bend your knee so that your heel moves towards your buttock. Lower back down and then repeat on with your other leg.

Repeat 1 Time	Hold 1 Second
Complete 1 Set	Perform 1 Times a Day

HIP FLEXION - STANDING - SLR

While standing next to a chair or countertop for support, lift one leg forward and off the group with a straight knee.
Return to starting position and repeat.

Repeat 6 Times	Hold 2 Seconds
Complete 1 Set	Perform 2 Times a Day

SIT TO STAND - OPTIONAL EXERCISE A

Sit near the front edge of a chair. Drive your feet into the floor as you stand. Squeeze your buttocks and thrust the hips forward. This will align your posterior chain (hips/legs pelvis/spine) as you stand. Remember, NOSE OVER TOES.

Next, reach forward with your arms and lean forward at your waist as you press down with your legs and rise up to a standing position. As you rise to stand, lower your arms by your side. Stand tall.

Then, return to sitting on the chair by leaning forward as you raise up your arms. Repeat for 10 reps.

NOTE: If you are unable to stand, try pushing on your thighs with your arms or use a chair that has armrests to press down on or hold a bathroom or kitchen sink to assist in pulling yourself up.

Repeat 10 Times	Hold 3 Seconds
Complete 1 Set	Perform 2 Times a Day

WALKER SQUATS - OPTIONAL EXERCISE B

Stand in a walker with your feet shoulder-width apart and with a chair behind you for safety.

Begin by bending your knees and lowering your body into a squat, as if you would be sitting in the chair, but don't sit in the chair. Your bodyweight should be directed mostly through the heels of your feet. Without touching the chair with your buttocks, straighten your knees and rise back up to a fully standing position and repeat.

The chair is there for safety and as a guide to improving your form.

Repeat 1 Time	Hold 1 Second
Complete 1 Set	Perform 2 Times a Day