

**Patient Name:** \_\_\_\_\_ **Date Start:** \_\_\_\_\_

**Special Information:** \_\_\_\_\_

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### **Movement for Health™**

1. Deep Breath
2. Eyes: Move Up and Down
3. Eyes: Move Left and Right
4. Eyes: Circle to Left
5. Eyes: Circle to Right
6. Jaw: Open and Close
7. Jaw: Move Left and Right
8. Jaw: Move Forward and Backward
9. Jaw: Circle to Left
10. Jaw: Circle to Right
11. Neck: Move Head Up and Down
12. Neck: Turn Left and Right
13. Neck: Tilt Ear to Shoulder
14. Neck: Transverse Forward and Backward
15. Neck: Transverse Left and Right
16. Neck: Circle to Left
17. Neck: Circle to Right
18. Shoulders: Circle Backward
19. Shoulders: Circle Forward
20. Shoulders: Rotate Forearms Up and Down
21. Shoulders: Rotate Forearms In and Out
22. Elbows: Flexion and Extension
23. Wrists: Move Up and Down
24. Wrists: Move In and Out
25. Wrists: Circle Out
26. Wrists: Circle In
27. Wrists: Prayer Pose
28. Wrists: Back Prayer Pose
29. Fingers: Flexion and Extension Left
30. Fingers: Flexion and Extension Right
31. Spine: Bend Forward and Extend Up
32. Spine: Bend Left and Right
33. Spine: Twist Left and Right
34. Pelvic: Rotate Left
35. Pelvic: Rotate Right
36. Hips, Knee: Bend Left Knee (Hip 45°)
37. Hips, Knee: Bend Right Knee (Hip 45°)
38. Hips, Knee: Bend Left Knee (Hip 90°)
39. Hips, Knee: Bend Right Knee (Hip 90°)
40. Hips, Knee: Bend Side to Side
41. Hips: Split Left
42. Hips: Split Right
43. Hips: Split, Bending Forward and Backward
44. Sitting: Open Legs, Bend Forward
45. Sitting: Open Legs, Bend Chest to Left
46. Sitting: Open Legs, Bend Chest to Right
47. Sitting: Open Legs, Bend Left
48. Sitting: Open Legs, Bend Right
49. Sitting: Butterfly
50. Sitting: Butterfly, Bend Forward
51. Sitting: Pull Left Knee to Chest
52. Sitting: Pull Right Knee to Chest
53. Sitting: Bend Forward (Left Leg on Right)
54. Sitting: Bend Forward (Right Leg on Left)
55. Left Ankle: Bend Up and Down
56. Left Ankle: Flexion and Extension
57. Left Ankle: Rotate Outside
58. Left Ankle: Rotate Inside
59. Right Ankle: Bend Up and Down
60. Right Ankle: Flexion and Extension
61. Right Ankle: Rotate Outside Rotation
62. Right Ankle: Rotate Inside
63. Sitting: Twist Left
64. Sitting: Twist Right
65. Back: Twist Side to Side
66. Back: Twist Left
67. Back: Twist Right
68. Back: Pushup Only Shoulders
69. Back: Lift Up Arms, Chest and Legs
70. Mid Back: Arch Back
71. Strength: Contract Full Body
72. Strength: Contract Pull and Push (180°)
73. Strength: Contract Pull and Push (135°)
74. Strength: Contract Pull and Push (90°)
75. Strength: Contract Pull and Push (45°)
76. Strength: Contract Left Biceps
77. Strength: Contract Right Biceps