



Micro Movements



HEEL / TOE RAISES

Rise up onto your toes, hold briefly, then lower back down and lift the balls of your feet off the ground. Repeat. Place hands on a stable surface for balance if needed.



HIGH KNEE MARCHES

Bend your arms at 90° angles, then lift one leg to a 90° angle, moving your opposite arm forward in a marching position. Continue the marching movement, alternating legs.



BUTT KICKS

Bend one knee bringing your heel toward your buttocks, then lower it back to the ground and repeat with your other leg. Continue this movement, alternating legs.



BACKWARD SHOULDER ROLLS

Begin standing in an upright position with arms at your side. Gently roll your shoulders in backward circular motion. Repeat.



ARM SWINGS

Bring your arms up to shoulder height and cross them in front of you with palms facing down. Keeping your arms at shoulder height, swing both arms backward while squeezing your shoulder blades down and back. During the movement, rotate hands so your palms are up. Bring arms back to the starting position. Repeat.



WRIST ROLLS

Begin by bending your elbows 90° while making a gentle fist with each hand and your palms facing down. Flex wrists downward, then roll wrists inward until your palms are facing up, then open hands and extend wrists. Reverse the movement and repeat.

Please note:

- + Each movement should be performed in a pain free range of motion.
- + Modify or **discontinue** any movement that causes discomfort.
- + Each movement can be performed for about 30 seconds per side or 1 minute total.

