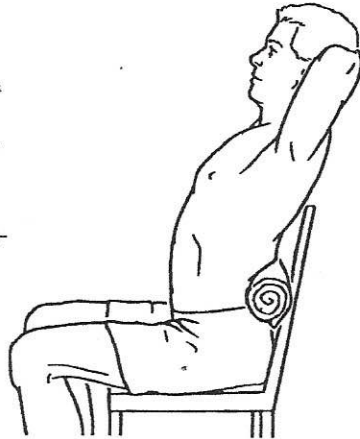


**SPINAL MOBILIZATION - 15**

**Thoracic Self-Mobilization (Sitting)**

With small rolled towel at mid-back level OR sitting a chair where the back stops at the mid back area, gently lean back until stretch is felt. Keep chin tucked, bring elbows apart. Hold 2-3 seconds. Relax. Repeat



Repeat 10-20 times per set.

Do 2-3 sessions per day.

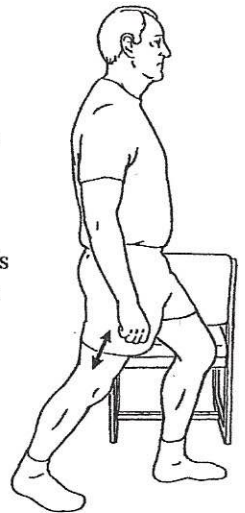
**HIP - 12 Best Stretch**

Using a chair for balance if necessary, place one leg back, leg straight, forward leg bent. Stay upright and slowly shift pelvis forward until a stretch is felt in groin/thigh of the back leg.

To increase the stretch, try lifting the arm overhead on the same side as the back leg. For example, if the right leg is back, lift right arm overhead as high as you can.

Hold 30-60 seconds. Change legs and repeat.

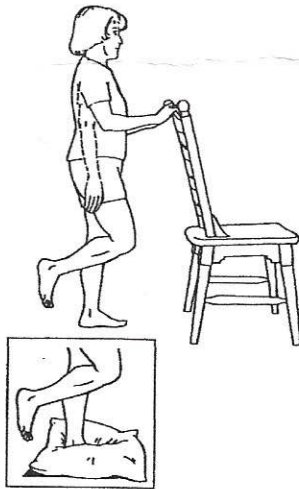
Repeat 2-3 times each side.  
Do 2-3 sessions per day.



**STANDING STATIC - 19**

**Single Leg (Varied Surfaces)**

Holding on to support, lift one leg up while maintaining balance over other leg. Try to hold for as long as you can, with a goal of maintaining the position for 2+ minutes continuously. Progress to removing hands from support if safe.



Repeat 2-3 times per session.

Do 2-3 sessions per day.

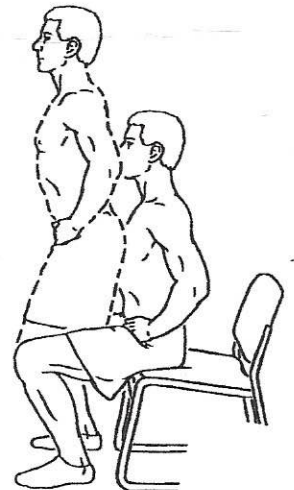
**HIP / KNEE - 77 Functional Quadriceps: Sit to Stand**

Sit on edge of chair, feet flat on floor. Stand upright, extending knees fully. Use your hands as needed. Then sit back down without using hands and NO PLOPPING.

Make the exercise better/harder by having arms overhead in "touchdown" position

Repeat 10-20 times per set.

Do 2-3 sessions per day.



over 70 can still increase muscle mass! Make the line on Stuart's graph go up!