









Micro Exercises

(Movement exercises)

Do All Exercises Slowly and Gently

WIS
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<div>Neck</div> 	<div>3X</div> <div>Look up</div> <div>Look down</div> <div><div>Yes</div><div>Yes</div><div>No</div></div> <div>NOT WAY BACK!</div>	<div>3X</div> <div>Turn head side to side</div>	<div>3X</div> <div>Ear to shoulder</div>	<div>Do this row 2 MORE times</div>	
<div>Back</div> 	<div>3X</div> <div>Bend a LITTLE</div>	<div>3X</div> <div>Tilt side to side</div>	<div>3X</div> <div>Gentle Turn</div> <div>Gentle Turn</div>	<div>3X</div> <div>Circle hips</div>	<div>Do this row 2 MORE times</div>
<div>Legs Knees</div> 	<div>6X</div> <div>Side</div> <div>Side</div> <div>Shift your weight</div>	<div>6X</div> <div>Shift weight back and forth</div> <div>Left foot forward</div>	<div>6X</div> <div>Right foot forward</div> <div>Shift weight back and forth</div>	<div>6X</div> <div>Bend knees a little then straighten up</div>	<div>Do this row 2 MORE times</div>
<div>Shoulders</div> 	<div>3X both directions</div> <div>Roll shoulders forward and backward</div>	<div>3X</div> <div>Raise arms with thumbs pointed up</div> <div>Bring arms back</div>	<div>3X</div> <div>Move arms in & out</div>	<div>3X both directions</div> <div>Move arms in small circles</div> <div>If it hurts try it below shoulder level</div>	<div>Do this row 2 MORE times</div>
<div>Hands Wrists Elbows</div> 	<div>3X</div> <div>Turn palms up & down</div>	<div>3X</div> <div>Spread Fingers</div>	<div>3X</div> <div>Palms together. Make an S shape</div>	<div>3X</div> <div>Point hands forward. Pull hands back. Turn them to side.</div>	<div>Move to the next row</div>
	<div>3X</div> <div>Make fists</div> <div>Spread fingers apart</div>	<div>3X both directions</div> <div>Wrists circles</div>	<div>3X</div> <div>Relax & shake hands</div>	<div>Do both rows 2 MORE times</div>	
<div>Body</div> 	<div>3X</div> <div>Arms raised reach for the sky</div>	<div>IMPORTANT</div> <p>Make sure you always follow medical advice. There is no attempt or intent to diagnose or treat. This information is not a substitute for the treatment and/or advice of a health care professional. These exercises are not specific to you; they are intended to assist people in their personal wellness efforts. This is only to be used by a working, generally healthy person over 18 years of age. Anyone who has a body problem should first consult with a doctor before using this information.</p>			<div>Micro exercises are movement exercises. They help you warm up your muscles, get your blood flowing and things loosened up. The whole idea is to put your body in a better condition before it is stressed during work (Example: heavy lifting).</div> <div>IF SOMETHING HURTS, STOP THAT EXERCISE AND SEEK MEDICAL ADVICE. NEVER EXERCISE IF YOUR DOCTOR TELLS YOU NOT TO.</div> <div>Call: (503) 473-7337 with any questions.</div>