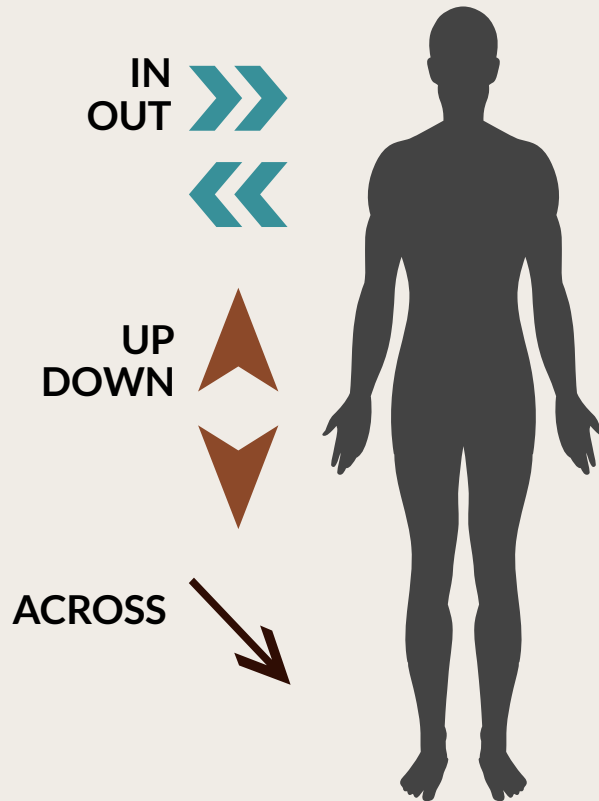




Move More Formula



Posture Restoration with



Move More at Your Workstation



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Spread Your Toes

Promotes:

Healthy foot function for better arch, ankle, knee, and hip function, and better balance and blood flow.



Instructions:

1. Sit comfortably.
2. Spread your toes apart like a fan.
3. Relax.
4. Repeat.
5. Do this several times every day.

Notes: Know your progress:

- Level 1: Can't actively spread your toes apart like a fan and they feel stuck. Use your fingers to help.
- Level 2: You can spread them some, but the big toe is not on the same plane as the other toes. Keep practicing.
- Level 3: You can spread your toes like a fan but you get a cramp in your arch pretty quick. Keep working on the spreading, do short reps throughout the day.
- Level 4: You can spread your toes like a fan and no cramping. These are healthy toes with arch assistance.

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Toe Strengtheners

Promotes:

Healthy foot function for better arch, ankle, knee, and hip function, and better balance and blood flow.



Instructions:

(Place the ball on a yoga mat, carpet, or in a sock to help it not roll away.)

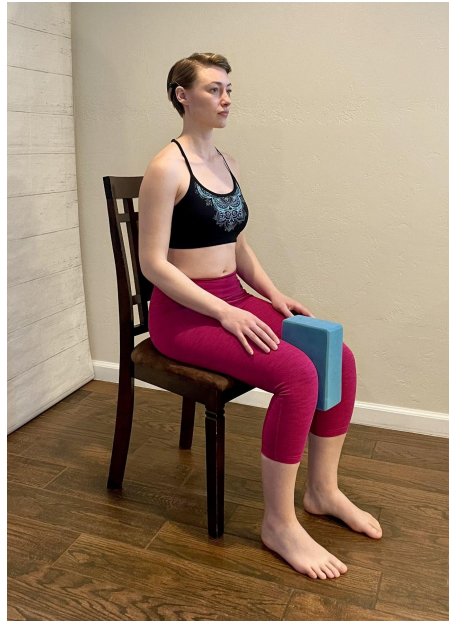
1. Stand or sit with a tennis ball on the floor.
2. Place a foot on the ball and gently roll the ball along the bottom of your foot a few times.
3. Then place the ball of your foot on the tennis ball (at the base of your toes, where toes and foot meet).
4. Alternate between lifting your toes up away from the ball and then wrapping your toes around the ball and try to “pick up” the ball with your toes. You will not actually pick it up, just activate the muscles that would do this if it were possible.
5. Repeat several times.
6. Next, place your big toe on the ball and all your other toes on the floor.
7. Press your big toe down into the ball and then release.
8. Repeat several times.
9. Then place your big toe on the floor and all your other toes on the ball.
10. Press your four little toes down onto the ball and then release.
11. Repeat several times.
12. Lastly, place your middle three toes on the ball with your big and pinky toes on the floor.
13. Press your middle three toes down into the ball and then release.
14. Repeat several times.
15. Then switch feet and repeat steps 2-14 with the other foot.

Kinetic Chain Activator

AKA: Knee Pillow Squeezes

Promotes:

Low back tension relief. Activates the kinetic chain connecting the upper and lower halves of the body. Strengthens the inner thighs. Promotes correct pelvic function.



Instructions:

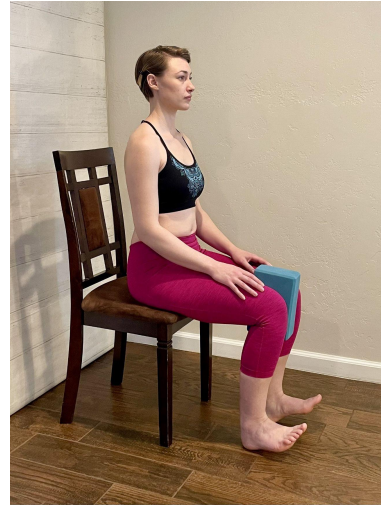
1. Sit the middle of your chair with something between your knees: block, pillow, water bottle, toilet paper roll, etc.
2. Option 1: Just hold it there, no squeezing.
3. Option 2: Squeeze and release the item between you knees.

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Rocking Chairs

Promotes:

Proper foot, arch, ankle, and knee function. Improves point-and-flex range of motion. Activates the kinetic chain.



Instructions:

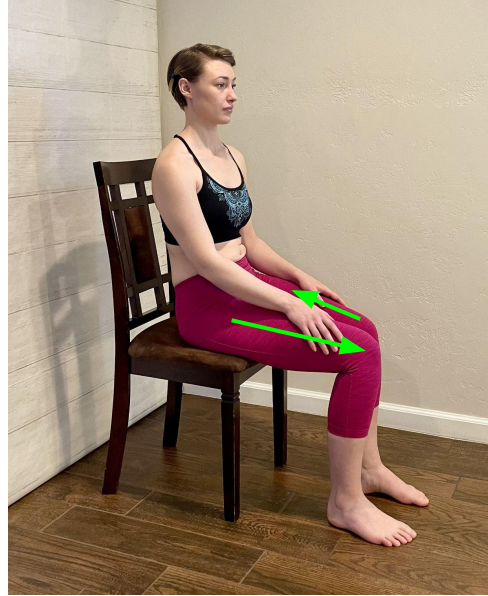
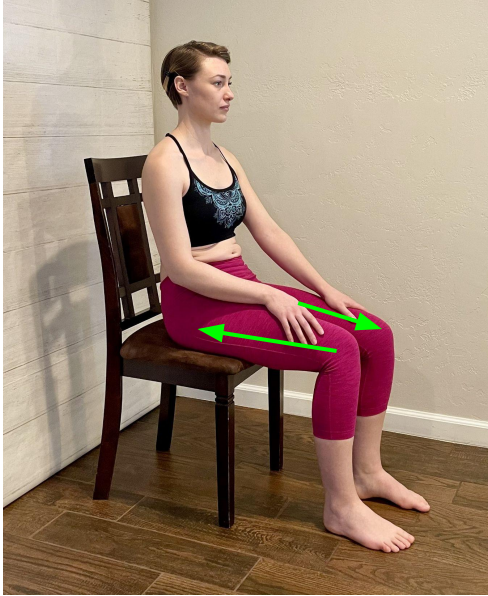
1. Sit the middle of your chair.
2. Option: Hold an item between your knees to help activate the kinetic chain and keep proper alignment.
3. Line up your ankles, knees and center of thighs.
4. Alternate between lifting your heels and toes off the floor.
5. Be aware of your ankles and feet as you lift and lower. Don't let your ankles fall in or out. Try and keep your toes level as you lift, focus on those pinky toes coming up towards your face.



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SI Shifties

Promotes:
Releases and retrains proper pelvis and SI
function from side to side.



Instructions:

1. Sit in the middle of your chair.
2. Tuck your tailbone under a little.
3. Slide one knee more forward and the other one backward.
4. Then slide it back and slide the other knee more forward.
5. Repeat, taking turns sliding one knee more forward and then the other knee.

Notes: This movement should come from your pelvis. If it helps you can put a water bottle between your legs and roll your inner thighs back and forth along the water bottle.

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Figure 4

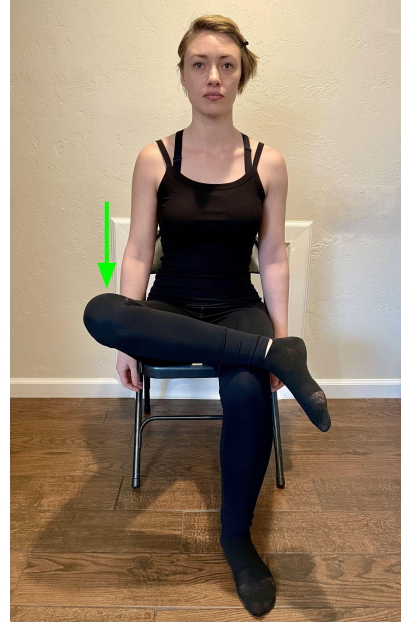
Promotes:

Passive version: stretches the deep bum rotators and outer hip.
Resets the pelvis. Creates hip external rotation.

Active version: same as passive and strengthens the outer hip muscles for better pelvis and hip stability.



Passive



Active

Instructions:

1. Sit in the middle or front of a chair.
2. Cross one ankle over the opposite knee.
3. **Passive:** Use your hand to press downward on your knee to find a good stretch.
Active: Use your outer hips muscles to pull your leg downward.

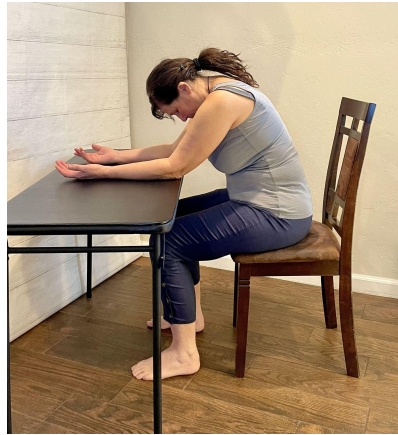
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Back Breathing

Promotes:

Retrains the catch and release of the breath with the ribs and back body and creates rib expansion.

Diaphragmatic function sets the tone for the function of the entire body. Our respiratory system is a pressure system and is playing a game of catch and release. On the inhale our breath should expand in all directions, 360 degrees, and be caught by our lower ribs, abs, back, and pelvic floor. And then released on the exhale. Most of us have forgotten how to expand our ribs and let our ribs and back body catch our breath.



Instructions as an Exercise:

1. Sitting or standing: slump forward over your desk or over the back of a chair.
2. Palms face up.
3. Take deep breaths into your back body. Feel your back ribs expand and contract. Feel your lower back expand and contract.
4. Take 5-10 breaths like this several times a day.

Instructions for while you work:

1. While at your workstation, intentionally breathe into your back body. Feel your back ribs expand and contract. Feel your lower back expand and contract.
2. Take 5-10 breaths like this several times a day.

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Calf Stretches

Promotes:

Releases the calf muscles which improves arch and foot function.



Instructions:

1. Stand with one or both feet on an upward slope.
2. Hold and breathe.
3. Feel free to move around and bend the knee to find different stretches.

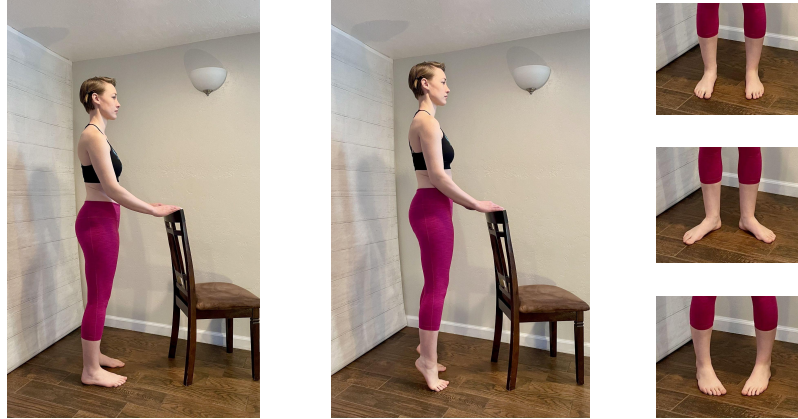
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Heel Raises

3 Positions

Promotes:

Pumps the calves to send blood back to the heart. Retrains proper foot, arch, and ankle function and increases ankle range of motion.
Reestablishes the neural pathway for vertical joint stacking.



Instructions:

1. Stand with your hands holding onto something.
2. Begin with feet pointed straight ahead.
3. Rise up on your toes and then slowly lower back down.
4. Repeat several times.
5. Then do the same movements in the next two positions: feet turned out & feet turned in.

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SI Wiggles

Promotes:

Moves and helps release the SI joint and lubricate the moving parts of the pelvis. Retrains the outer hip and inner thigh muscles that control pelvic shift.



Push with your outer hip.



Pull with your inner thigh.

Instructions:

1. Stand with your legs apart at a distance that is comfortable for you.
2. **Push** your pelvis over to one side with the outside muscles of the opposite hip. It may help to imagine pushing that foot away from your body.
3. Now repeat this going the other way.
4. Alternate going back and forth pushing your pelvis from side to side several times.
5. Then switch to **Pulling** the pelvis to one side using the inner thigh muscles of the leg on the side you are pulling the pelvis towards. It may help to imagine pulling that foot inward.
6. Now repeat this going the other way.
7. Alternate going back and forth pulling your pelvis from side to side several times.

Notes: You may notice that you cannot activate some of these muscles. That's okay. Try moving your feet closer together or farther apart. Think about pushing or pulling that foot on the floor to see if it will help you activate the outer hip or inner thigh.

Foot Wall Press

Promotes:

Strengthens the outer hips (glute med & min) for pelvic resetting and pelvic and hip stabilization when standing and walking.

Improves balance.



Instructions:

1. Stand next to something heavy at least a foot tall, with your foot about 2-6 inches away.
2. Hold onto something for balance if needed.
3. *TUCK* your tailbone under slightly and maintain this throughout the entire exercise.
4. Lift your inside foot just above baseboard height.
5. *PRESS* the outside of your foot against the heavy object.
6. Hold for 10-30 seconds and breathe.
7. Repeat on the other side.

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Foot Block Press

Promotes:

Activates the inner thighs and resets the pelvis.



Instructions:

1. Stand with one foot on an elevated surface like a block, stair, thick book, or even a chair. Chose a height that is comfortable to you.
2. Hold onto something for balance if needed.
3. Press your foot downward into the block.
4. Hold for 30 to 60 seconds and breathe.

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Pyramid Pose

Promotes:

Realigns the pelvis and hips by requiring each side of the pelvis to move the opposite way from the other. Promotes proper femur gliding in the hip socket and stretches the back of the legs.

Passively creates pelvic internal and external rotation.



Instructions:

1. Stand in a staggered stance, with one leg about your shin's distance in front of the other one.
2. Square your hips to face forward and keep them square throughout the exercise.
3. Lean your upper body forward as far is comfortable for you.
4. Let your thigh bones glide deep into your bum, like you are trying to poke them out the backside of your bum.
5. Find a good stretch in the backs of your legs and let your bum really open up to let the top of your thigh bone glide back.
6. Hold for 30 seconds to 1 minute and breathe.
7. Repeat with the other leg.

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Posture Restoration with



Transition Exercises & Movements

You're leaving your workstation anyway,
why not do some posture correcting
movements.

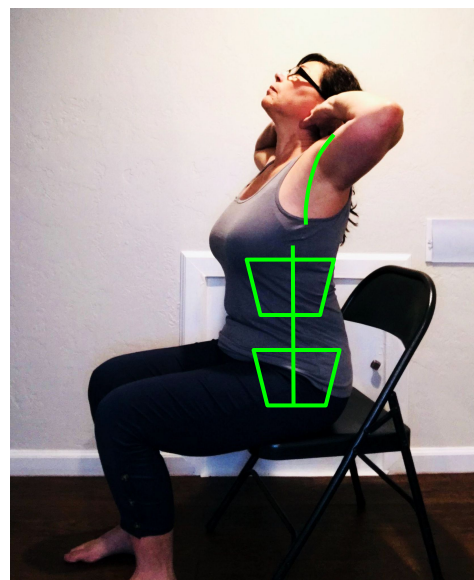
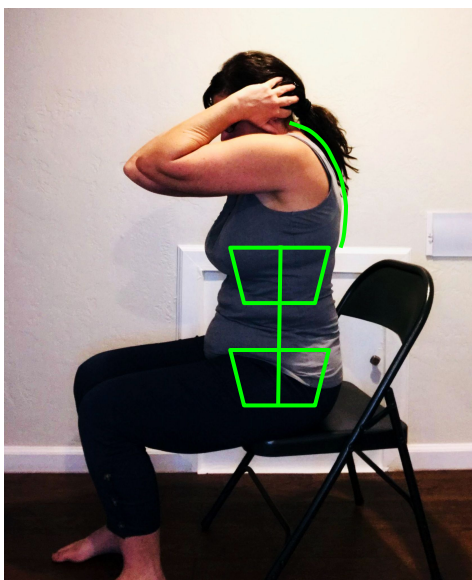
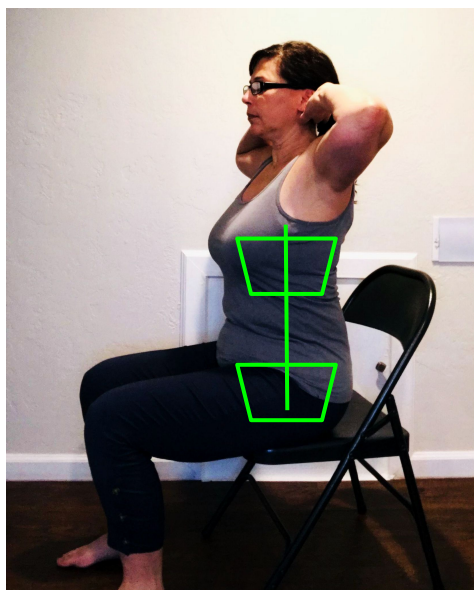


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Chest Opener & Back Body Straightener

Promotes:

Opens the front body in 360 degrees, vertically and horizontally. Extends the upper back. Lubricates the shoulders and blades while retraining proper shoulder and blade function. Helps reset the shoulder girdle position.



Instructions:

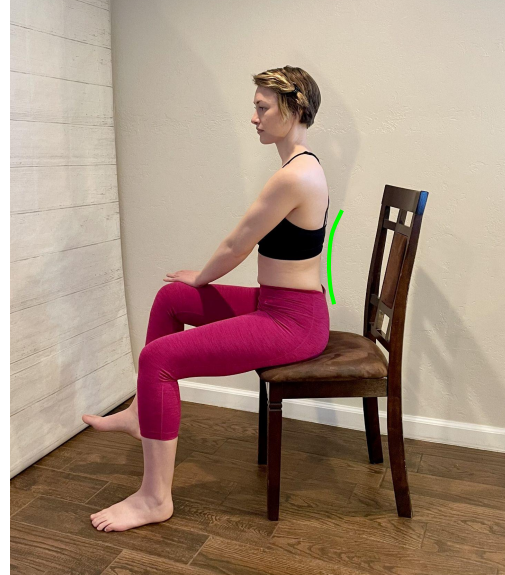
1. Sit in the middle of a chair with ankles, knees and center of thighs lined up. (This movement could also be done standing following all the same alignment instructions.)
2. Place your fingers on the back/base of your head.
3. Find a level/neutral pelvis with a level rib cage stacked above the pelvis like a fountain. Keep your pelvis and rib cage stacked like a fountain throughout the entire exercise.
4. Round just your upper back, from the bra strap area and up, bringing elbows towards each other.
5. Now take the elbows out to the side and arch just your upper back, using your upper back muscles to tilt your head upwards.
6. Repeat.

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Psoas Tilts

Promotes:

Triggers the brains contract-lengthen reflex of the psoas while strengthening the psoas and core.



Instructions:

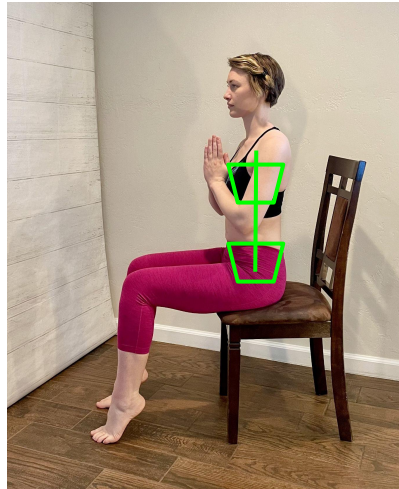
1. Sit in a slouch, back rounded forward.
2. Place one hand on the opposite knee.
3. At the same time: press that hand down onto the knee while lifting the knee AND roll your pelvis forward and arch your back.
4. Release and come back to the starting position.
5. Repeat on both sides.

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Seated Active Boat

Promotes:

Eccentric lengthening of the psoas by moving between contracting and lengthening under load, which relieves low back strain, repositions the pelvis, and helps you extend to stand upright.



Instructions:

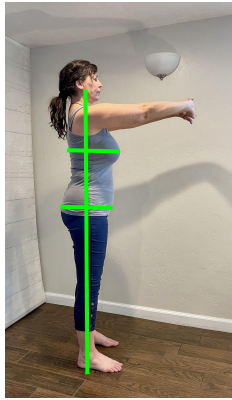
1. Sit more forward on your chair with ankles, knees, and center of thighs inline.
2. Find a level/neutral pelvis with a level rib cage stacked above the pelvis like a fountain. Keep your pelvis and rib cage stacked like a fountain throughout the entire exercise.
3. Bring your hands together or arms out straight in front of you.
4. Come up on your toes.
5. At the same time, slide your toes away from you while you lean your upper body back. (Keep the fountain stacked as you lean. Do not arch or round your back.)
6. Now slide your feet back while you bring your upper body upright back to the starting position.
7. Repeat.

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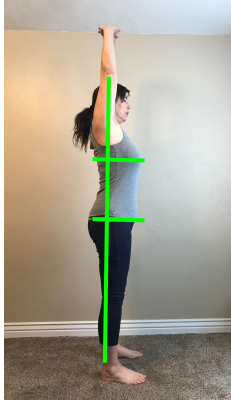
Overhead Extension

Promotes:

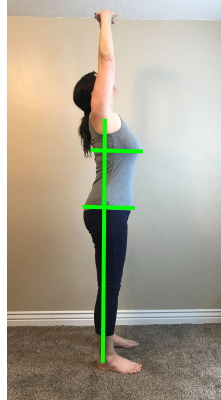
Vertical stacking of load-bearing joints and reestablishes brain-body connection for proper joint position and muscles function.



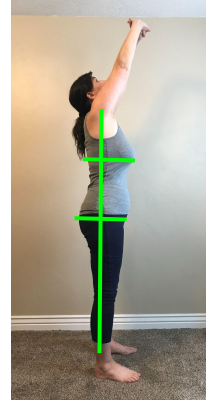
Set-up



Arms up



Look up



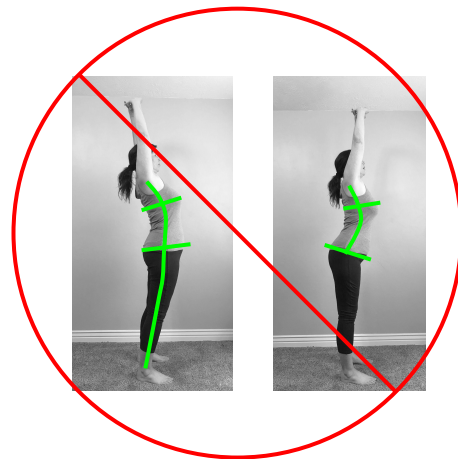
Only lift your arms as far as you can keep your vertical stack and pelvic and rib level/neutral. It's okay if they don't come perfectly overhead.

Instructions:

1. Stand with your body vertically stacked from a side view; ankles, knees, hips, shoulders, and ears inline. Feet straight.
2. Level your pelvis and rib cage, stacked like a fountain.
3. Interlace your fingers and turn your palms to face outward.
4. Press into your hands and raise your arms up over your head while keeping your vertical stacking and keeping your pelvis and ribs level/neutral.
5. Press up towards the sky and imagine your spine lengthening.
6. Option to hold here or look up.
7. Breathe.

Notes: Only raise your arms as far as is comfortable and as far as you can keep your pelvis and rib cage level.

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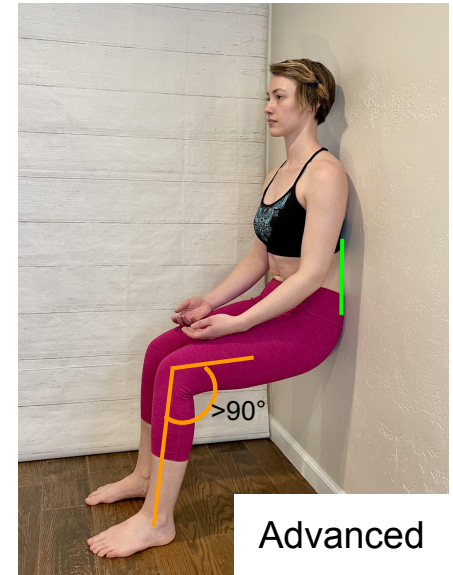
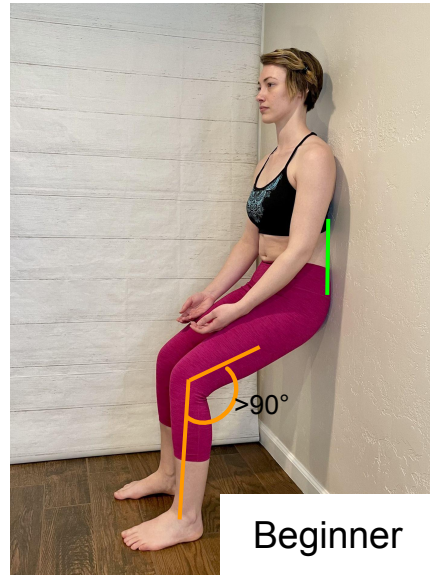
Don't let your hips push forward or stick your booty out or thrust your ribs forward.

Airbench

Promotes:

Strengthens and realigns the hips, pelvis, and low back for better, ankle, knee, and hip function.

CAUTION! Wear shoes or stand on a non-slip surface for this exercise.



Instructions:

CAUTION! Wear shoes or stand on a non-slip surface for this exercise.

1. Have shoes on your feet.
2. Stand with your hips, knees, and ankles inline and feet straight.
3. Relax your arms down at your sides or on your lap.
4. Take your feet a little ways away from the wall, ankles farther from the walls than knees. Only go down as far as is comfortable for your knees.
5. Press your low back into the wall, which tucks your bum under a little bit.
6. Hold this position for 30 seconds to 2 minutes and breathe.

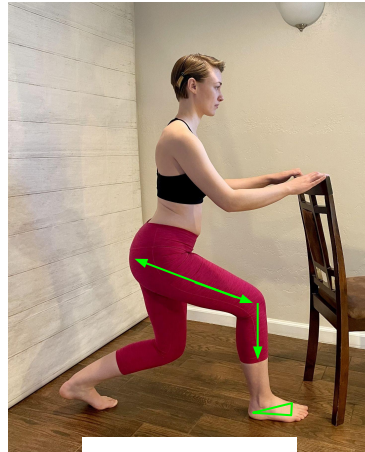
Notes: Hold a block or item between your knees to activate the kinetic chain between your lower body and upper body.

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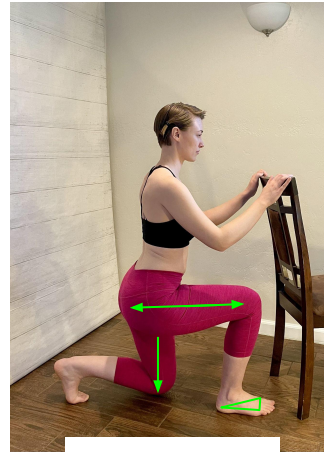
Lunge Combo

Promotes:

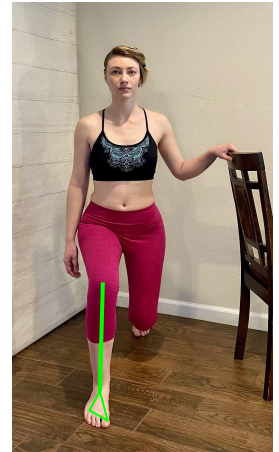
Femur gliding in the hip socket while under load. Actively creates pelvic internal and external rotation. Retrains arch, ankle and knee function and knee tracking all while strengthening the legs. This is one of the most comprehensive exercises there is.



Beginner



Advanced



Instructions:

1. Stand in a staggered stance, feet about 24 inches apart. (The goal is for both knees to be able to bend to 90 degrees when you bend them.)
2. Find your **tripod foot** with the front foot: heel and base of the big & pinky toes in contact with the floor. Keep the tripod foot with your front foot throughout the entire exercise.
3. Bend both knees and take the back knee straight down towards the floor.
4. Make sure your front **knee tracks in line with** your front **second toe** while keeping the tripod foot.
5. Let the **thigh bone** of your front leg **glide deep into your bum**, like it wants to poke out the backside of your bum.
6. Lower down as low as is comfortable for you. It's okay if your body can only lower down a little bit.
7. Then push into the ground with your front foot to rise back up to the starting position.
8. Repeat and then do the other side.

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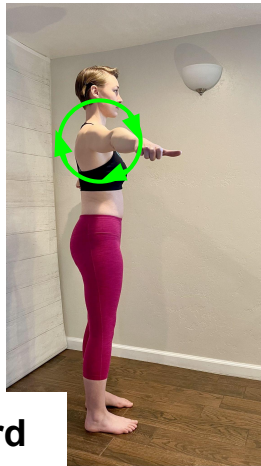
Arm Circles

Promotes:

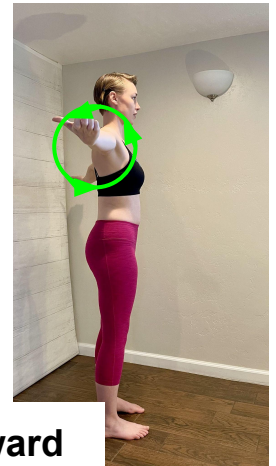
Lubricates the shoulders and blades, strengthens the rotator cuff muscles, blade anchors, and mid-back muscles while establishing vertical joint stacking and core stabilization. Will help reset the shoulder girdle position.



Forward



Backward



Instructions:

1. Stand or sit with your arms out to a T, shoulder height, arms straight.
2. Have your ankles, knees, and center of thighs inline.
3. Find your tripod feet: feel your heels and base of big & pinky toes on the floor. Maintain this throughout the exercise.
4. Find a level/neutral pelvis and level rib cage over the pelvis. Maintain this throughout the exercise.
5. Make the golfer's grip with both hands; thumbs out, fingers curled, palms open.
6. With palms down, start by rotating your arms in forward circles, about the size of a dinner plate. Go at a moderate to fast speed. About 20-40 circles. Try to keep your body relatively still as your move your arms.
7. Now turn your palms up and rotate your arms in backwards circles, about the size of a dinner plate. Take these circles slightly more behind your body. Go at a moderate to fast speed. About 20-40 circles. Try to keep your body relatively still as your move your arms.
8. Remember to breathe.



Any Twist

Promotes:

Releases the fascial lines, spine, and resets the pelvis. Lubricates the spine and moves each vertebrae through its range of motion.
Helps reset the shoulder girdle position.

Instructions:

Chair:

1. Sit in a chair with your ankles, knees and middle of thighs inline.
2. Level your pelvis.
3. Place something between your knees to help you keep your legs lined up and pelvis facing forward.
4. Place one hand on the opposite knee.
5. Place the other hand behind you on the chair.
6. Use your back shoulder blade to pull you into a twist. Let your head follow the same direction as the twist.
7. Hold for 30 seconds and breathe.
8. Repeat on the other side.



Standing:

1. Stand next to a wall with your feet about 1.5 feet apart and inline like you are standing on a balance beam.
2. Place your hands on the wall at about shoulder height.
3. Use your back shoulder blade to pull you into a twist. Let your head follow.
4. Hold for 30 seconds and breathe.
5. Repeat on the other side.



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Quad Stretch

Promotes:

Releases quads/thigh muscles and promotes hip extension.



Instructions:

1. Stand upright with either one foot propped up on a table/desk or hold one foot with your hand.
2. Squeeze the glute/bum of the lifted leg to find a good stretch in the front of that same thigh.
3. Hold for 30 seconds to 1 minute and breathe.
4. Repeat with the other leg.

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Wall/Counter Stretch

Promotes:

Upper back extension, femur gliding in the hip socket, 360 chest opening. Helps reset the shoulder girdle position. Also can stretch backs of the legs.



At Wall



At Counter

Instructions:

1. Stand at a wall or something countertop height.
2. Place your hands on the wall/counter in front of you.
3. Back your feet away and fold forward, keeping your ankles are under your hips.
4. Let your chest pull through between your arms.
5. Keep your ears by your arms.
6. Hold for 30 seconds to 1 minute and breathe.

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Hip Hinge

Promotes:
Glute/Bum and low back opening and releasing.



Instructions: Think of this as kind of like a toe touch, but not really.

1. Start in a regular standing position.
2. Begin to fold forward like you are going to touch your toes **while you send your sits bones horizontally straight back**. Knees can be bent.
 - a. You should feel your bum and low back open. This is not meant to be a hamstring stretch.
 - b. It may help to place your hands on something.
3. Hold for 30 to 60 seconds and breathe.

Notes: Your sits bones are those bottom most bones on your bum, the ones you sit on. When folding/bending forward your sits bones can go one of three ways:

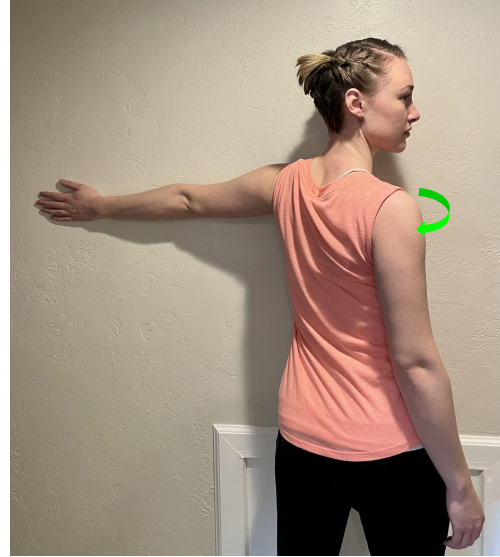
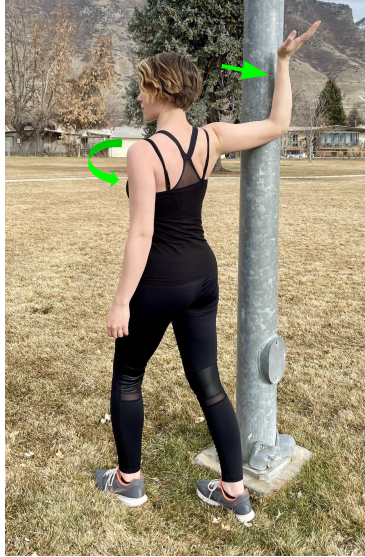
- Upwards for a hamstring stretch.
- Downwards to round your upper back more.
- Horizontal to open and release your glutes/bum and low back.

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Chest Openers

Promotes:

Releases the pecs, chest, and muscles between the ribs to open the chest up and separate the ribs. Helps reset the shoulder girdle position.



Instructions Doorway/Post:

1. Actively cock one arm back like you are ready to throw a baseball and maintain this for the entire exercise. You should feel work happening under your shoulder blade to cock your arm back.
2. Step through a doorway with the opposite foot until your cocked elbow rests on the front side of the door frame, which will push your arm back slightly. Only go as far as is comfortable for you with a slight stretch.
3. Turn your chest away from the cocked arm. Only go as far as is comfortable for you with a slight stretch.
4. Hold here for 30 to 60 seconds and breathe.
5. Repeat with the other arm.

Instructions Wall:

1. Stand facing a wall with your toes a couple inches away from the wall.
2. Place one hand on the wall with a straight arm at about shoulder height.
3. Rotate your upper body away from the arm on the wall. Only go as far as is comfortable for you with a slight stretch.
4. Hold here for 30 to 60 seconds and breathe.
5. Repeat with the other arm.

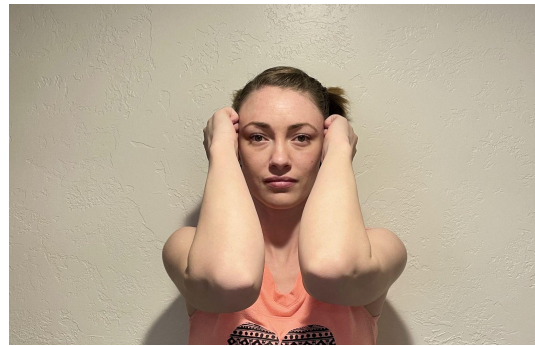
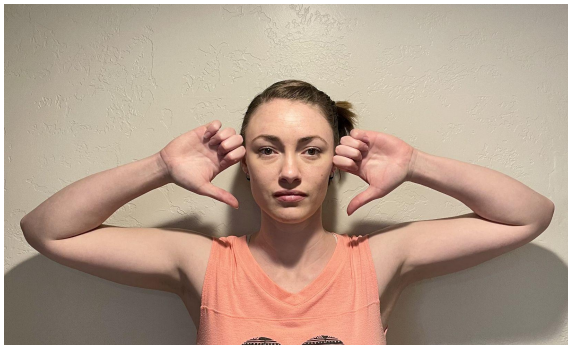
Notes: If you experience nerve pain or numbness try raising or lower your arm.

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Elbow Curls

Promotes:

Lubricates shoulder blades and rotators. Opens the pecs and chest. Strengthens the shoulder blade muscles. Helps reset the shoulder girdle position.



Instructions:

1. Stand or sit with your hands in the golfer's grip, knuckles on your temples, thumbs pointing down.
Golfer's grip: thumbs out, fingers curled, palms open.
2. Take your elbows out to the side.
3. Then bring your elbows towards each other at shoulder height. Keep your wrists straight. (Your knuckles will roll on your temples as you do this that's okay.)
4. Alternate back and forth between taking your elbows out to the side and together in front of you 10-20 times.



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