

Fitness for You Training



Seven Ways to Loosen Joint Stiffness Without Painful Poses

By Mary Ellen Coffey

Life is like riding a bicycle. To keep your balance you must **keep moving**.
~Albert Einstein

Seven Ways to Loosen Joint Stiffness Without Painful Poses

Everything should be made as simple as possible. But not simpler.

~Albert Einstein

Hello! Thank you for taking an interest in learning how to loosen your joint stiffness without painful poses! Do you feel you have limited range of motion? Would you like to be more active and feel stronger?

I'm going to introduce you to seven dynamic movements. These are controlled movements that will bring your joints through their full range of motion while warming up your muscles. I use these same movements in my own training program. Not only will you build confidence and body awareness as you progress through these movements, you will be amazed how in a few short weeks you'll feel much better!

Start by doing these dynamic movements three days a week and work up to six days. Pay attention to how your body is feeling. If at any time you experience pain or numbness stop immediately and consult your physician. Always consult with your physician before starting any new exercise program.

1. **Leg Swings**- stand tall, sideways to a wall, with your right hand placed on the wall for balance, swing your left leg forward and back, being careful not to arch your back on the back swing, let your butt do the work. 10 reps and switch sides.
2. **Side Leg Swings**- stand tall facing a wall, arms straight and both hands placed on the wall. Keeping your left leg planted swing your right leg in front of you to your left side (toes pointing up) and swing immediately to your right side (again toes up). Let your hips rotate left and right with the leg. 10 reps and switch sides.
3. **Hip Circles**- place your hands on your hips and pretend you are doing the hula hoop! 10 nice circles right, 10 nice circles left.

4. **Frankenstein Walks**- Walking forward with both arms held straight in front of you swing one leg straight towards your hands only as high as is comfortable and repeat other side. 10 each leg.
5. **Knee Hugs**- As you step forward hug one knee to your chest and squeeze, repeat other side while continuing to move forward. 10 each leg.
6. **Squats**- Holding on to a sturdy object or the inside of a doorway, bring your butt down as far as possible while keeping your heels on the floor, knees over toes, spine straight, and chest proud (open). 5 times.
7. **Inverted Hamstring**- Standing tall, balance on one leg and bring the other leg back keeping it straight while dropping your torso forward also keeping the spine straight. You should be one straight line from head to toe. Your arms go straight out to the side as you drop forward and back to your sides as you stand up. 10 reps and switch sides.

Mary Ellen Coffey
fitnessforyourtraining.com