

Your daily round about way towards healthier joints: Six Week Challenge



Shoulder Blade Circles (CARs)


The intent of this exercise is to challenge the shoulder blades' mobility in all directions of movement.

You are trying to move the shoulder blades through the largest circle possible.

You can take up to 30 to 60 seconds to perform one circle.

Pinching pain between the shoulder blades may be an indication of something not moving right.

- Muscle cramping is not unusual to experience.



Standing Hip Circles (CARs)

The intent of this exercise is to challenge the hip at its end ranges. The end range of motion is commonly the weakest area.

Unlike stretching, which passively improves the range of motion, this movement makes the muscles work at the end range of motion.

The exercise can be done on its own or, ideally, at the end of a stretching session.

- Take 30 to 60 seconds to complete one repetition.



Disclaimer

The information in this book is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity. With that in mind, those participating in any exercise program should check with their chiropractor, athletic therapist, physiotherapist or physician prior to initiating such activities. Anyone participating in these activities should understand that such training initiatives may be dangerous if performed incorrectly. The author assumes no liability for injury; this is purely an educational manual to guide those already proficient with the demands of such programming.

Controlled articular rotations 6 week challenge

If you have read Your daily round about way towards healthier joints: Controlled Articular Rotations, you understand that healthy joints need to move and move often.

CARs are used to assess the outer limits of the joint. This aids in maintaining or even increasing range motion, spreading synovial fluid around the joint to nourish the cartilage and to discover if there are any painful areas that need to be addressed.

I am challenging you to work on these exercises everyday for 6 weeks.

One day one I want you to assess all of your joints by watching the follow along. Rate how each of them feel on a scale of 0 to 3.

0 = pain on the short side of the movement

1 = Very stiff

2 = moderately stiff

3 = little to no stiffness

If you are experiencing a zero then seek out care to have it assessed and appropriately treated.

Some of you will have no troubles with any of these movements. This challenge isn't for you but daily CARs are still recommended. Others will be stiff all over. Some will have a few spots that feel stiff. Once you have self assessed yourself you have a couple of options.

1 2" 3 +

\$

Option #2" 3
3

4 5 # \$

/ 5 # \$

/ 5 # \$

& 5 # \$

5 # \$ 6

7 5 # \$

5 # \$

8 5 # \$

9 5 # \$

: 5 # \$

5 # \$

1 2+ 5 \$

Though it is important to move all joints every day the focus of this challenge is to improve your problem areas. Hopefully, every day as you assess your movement your 1s will turn to 2s and your 2s to 3s.

In the following charts input in your subjective score in the boxes. Make sure you save your work afterwards so you don't lose it.

If you have any questions feel free and contact me. Just tape where you want to go

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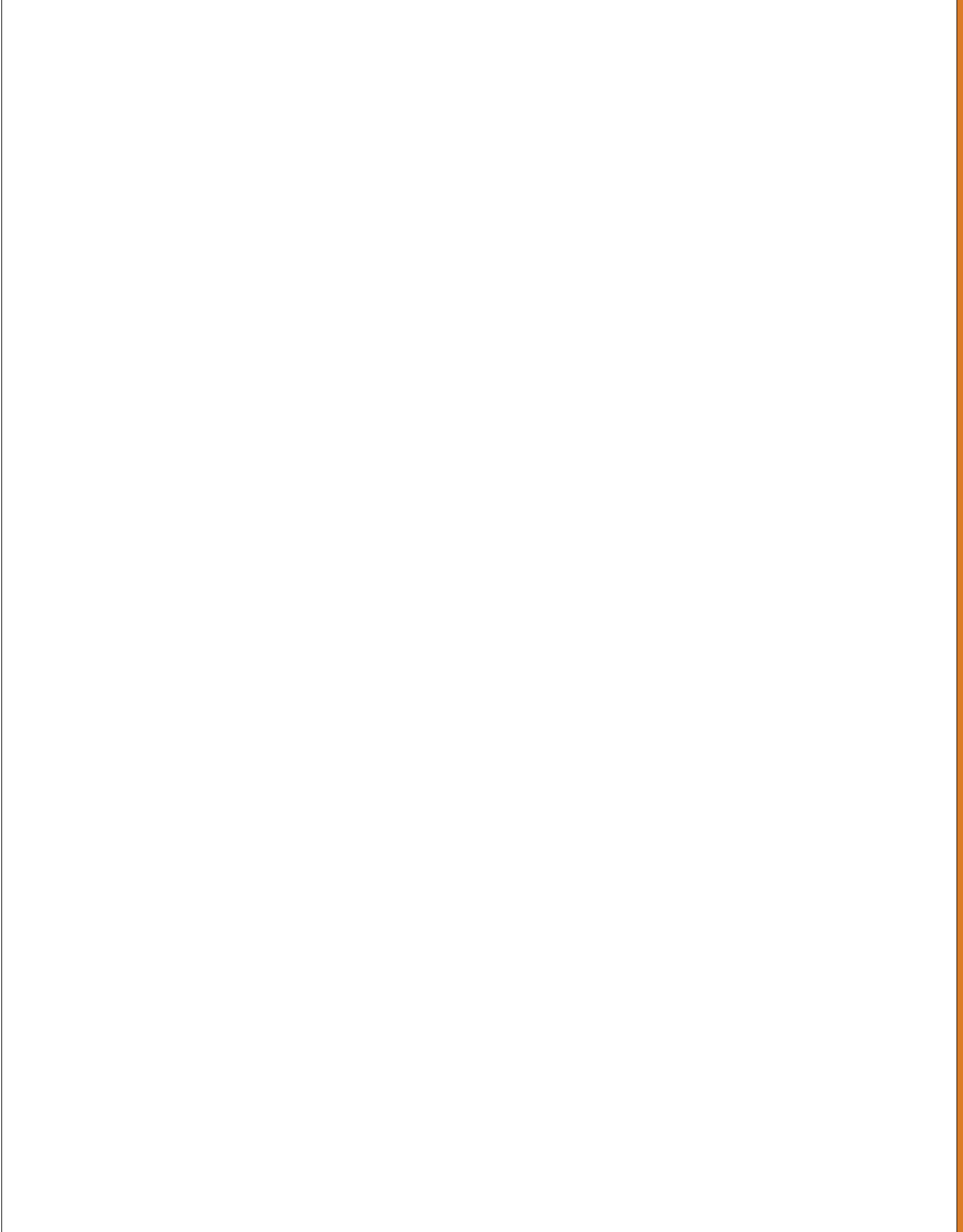
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Notes

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