

RANGE OF MOTION EXERCISES: HEAD TO TOES

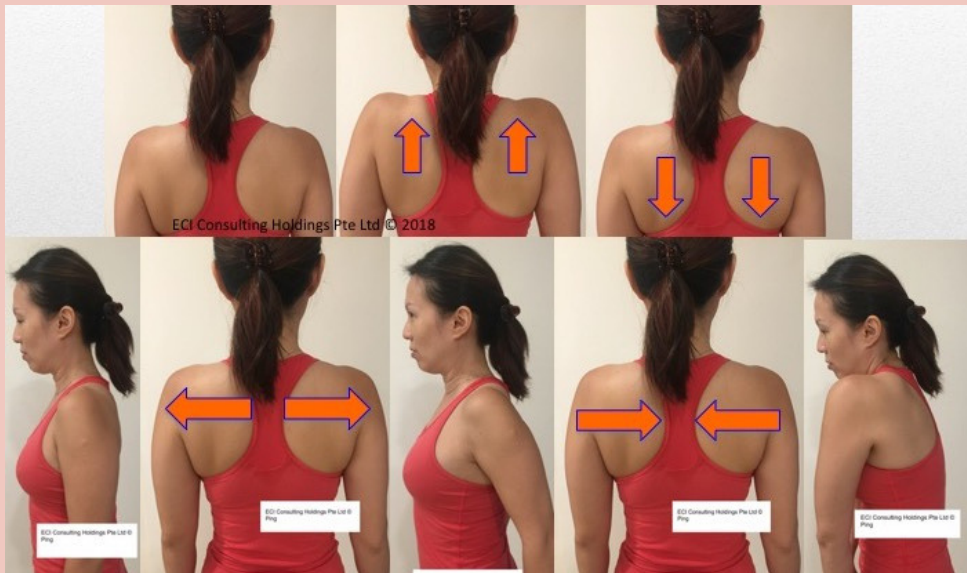
Do 2-3 sets/times of 8 to 18 repetitions for each exercise.

Range of motion exercises improve your joint flexibility, have been known to reduce body aches & pains for some adults who are not very active

NECK

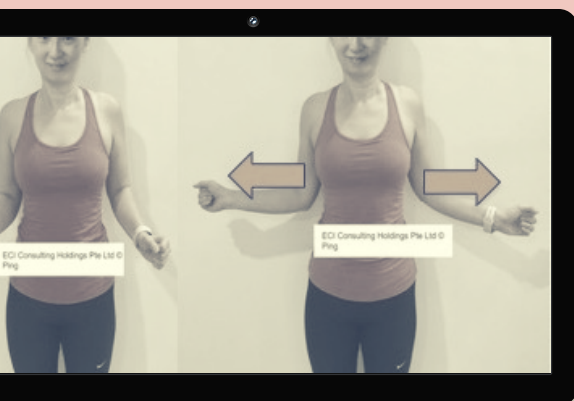


BACK OF SHOULDERS



SHOULDERS & ARMS





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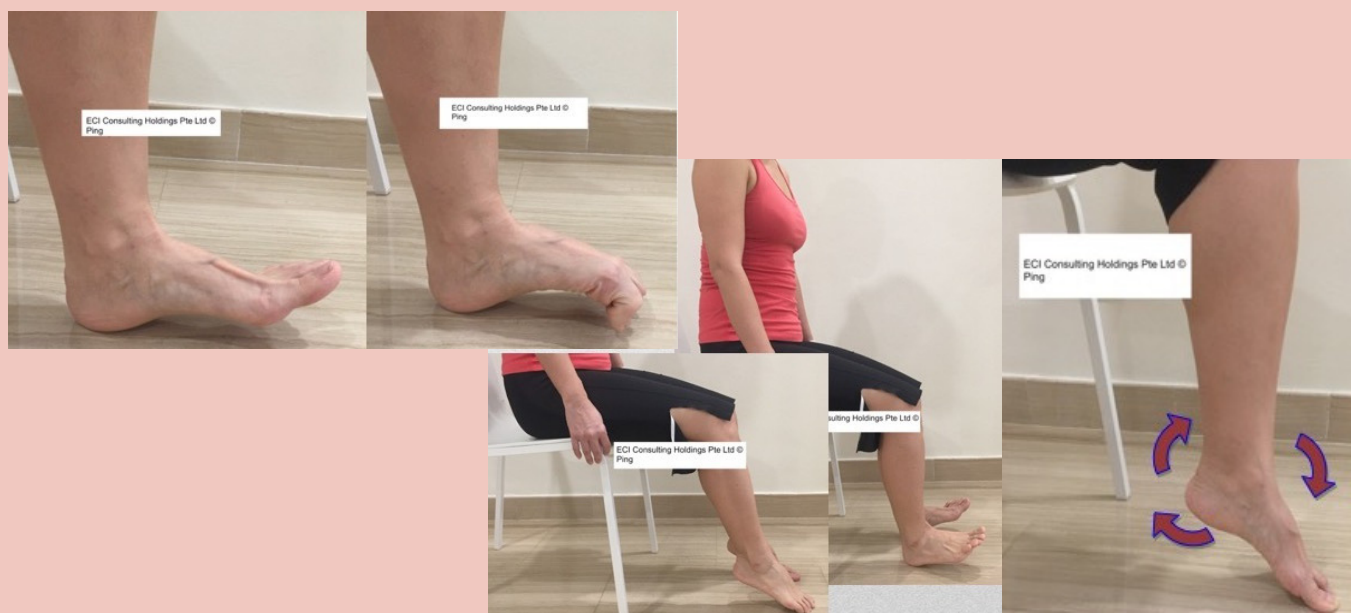
HANDS, WRISTS & FINGERS



HIPS



ANKLES & TOES



START EXERCISING! You've got the basics. All these exercises can be done at home even while watching television!