



*Top 10*  
**MORNING**  
MOVEMENTS  
**TO LOOSEN UP**  
YOUR JOINTS

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ThePainHacker.com

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## Top 10 Morning Movements to Loosen Up Your Joints

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Top 10 Morning Movements to Loosen Up Your Joints

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### Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

### Disclaimer

***Top 10 Morning Movements to Loosen Up Your Joints*** is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

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### Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

#### Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

#### Guarantee

My passion is to help people overcome their injuries. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com) and I will refund your money.

#### Contact Me

Please let me know what you think of this book. Visit [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com) or e-mail me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com) . Your feedback and ideas will help with the content of future editions and books.



### Top 10 Morning Movements to Loosen Up Your Joints

What can you do in the morning in order to loosen up your joints? After sleeping, our joints become stiff and sore. What can you do in order to get them moving better so that you have less stiffness, tightness and pain the rest of the day?

These 10 exercises are just what you need to loosen up your joints and your body. There are three options to do them: lying down, sitting or standing. You can choose whether to do them while you are still in bed, when you get out of bed, or when you are at work.

How many times a day can you do them? The answer is any time throughout a day when you are feeling stiff. It is recommended as most effective to do them in the morning, but there is no harm if you do them in another time of a day or a couple times throughout a day.

How many repetitions and sets should you perform? It is desirable to do 10 repetitions of each exercise. If it is too much, you can do 5 repetitions. While you may want to perform these exercises twice a day, which is fine, performing them once is enough as well.

#### 1. Toe Wave

Toe Wave is wiggling your toes. If you are in bed, it is best to do the exercise with your socks or shoes off. But if you have your socks and shoes on, you can still do the Toe Waves.

They can be performed while sitting as well. Have a seat in a chair and repeat the exercise 10 times. If you are only able to stand, perform the exercise while standing - wiggle the toes on the one side and then wiggle the toes on the other side.

It is much better if you are in a position of the least amount of stress on the body so that you can focus on movements in the joints, and that position is lying down.

## Top 10 Morning Movements to Loosen Up Your Joints



**Starting Position**



**Wiggle the toes on the one side and then wiggle the toes on the other side.**

### **2. Feet and Toes Up and Down**

Lie in your bed, point the toes, and bring them back up. With the exercise Toe Wave we work on the foot and toe, while with the exercise Feet and Toes Up we work on the ankle as well.

It can be done while lying down, sitting or standing. We are focusing on the ankle movement which is the primary area we are working on, but we also work on the toes and foot.



## Top 10 Morning Movements to Loosen Up Your Joints



**Starting Position**



**Point the toes.**



**After pointing both feet, then bring the toes back up.**

### 3. Hips Half Circles

You should lie down. Straighten one leg and bend the other, then drop it to the side, bring it up a little bit, back to the middle, and then back down. It is like half circles – dropping it to the side, bringing it up, rotating, and back down. Do 10 repetitions on each side – 5 one way and 5 the other way and move to the other side.

As it is mentioned before, you may find 5 repetitions enough, but 10 repetitions are perfect at loosening up the joints. When it comes to these rotation time movements, it is good to go through both directions of that hip movement. Do each side, 5 one way, 5 the other way, going back and forth with the hips.

The best option for this exercise is to perform it while standing. Use a chair to make balance. Focus on a movement. Bring the knee up, bring it out to the side, and around, and back to the start. The same thing – 5 one way, 5 the other way, finishing up on one leg and move over to the other leg.



**Starting Position**

## Top 10 Morning Movements to Loosen Up Your Joints



**Drop your leg to the side.**



**Bringing your leg back up, rotating, then back down.**



**Do 5 one way and 5 the other way; then move to the other side.**

### 4. Angry Cat

Start on a mat in the four point position. Drop the head, round the mid back, round the lower back to the maximum point you can, and then go the opposite way. Head up, dropping the mid back, dropping the stomach, tilting the pelvis, and going back the other way. 5 times in each direction and it is total of 10. Repeat 5 times one way and 5 times the other way.

When you wake up you shouldn't do high force flexion exercises like crunches. When you do crunches in the morning, as you slept your spine expended and you expose it to more force and damage. When you do Angry Cat, all you focus on is mobility and movement.

This exercise can be done while standing. Bend your knees and hips, drop the head, round out the mid back and low back, tilt the pelvis, come to the stop point and then go the other way. Bring the head back, drop the mid back, the stomach, and tilt the pelvis. Do the exercise 5 times in each direction in nice and slow controlled movements.

We focus on loosening up the joints, lubricating joints. They are designed to self-lubricate as we move them. They are also dynamically stretching the muscles if there is any tightness around the muscle. We are also getting ready our minds and bodies for the rest of the day.



## Top 10 Morning Movements to Loosen Up Your Joints



**Starting Position**



### 5. Ankle Rolls

Lie down and rotate the ankles. It can be done while sitting or standing. Rotate ankles 5 times in one direction and then 5 times in another direction. But the best option is to do it in the lowest stress position which is lying down.

With the first 4 exercises we loosen up the foot, ankle, knee and hip, and now we should do the exercises that loosen up the lower body. They have the greatest effect when it comes to the knee pain, hip pain and back pain.



**Starting Position**



**Rotate ankles 5 times in one direction and then 5 times in another direction.**

### 6. Knees to Chest

Lie down on a mat or in bed with the both knees bent. Bring one knee to the chest, pull it further so that you have the full range of motion in the hip and knee, then straighten the leg, and lay it down. Here we work on the full range of motion of the knee and the hip. These two are big joints that are stiff in the morning.

You can put your hand in front of the chin area of the knee so that you have the full movement in the knee. If it is sore or painful, you can put your hand underneath the knee. That way you decrease the pressure on the knee joint. Repeat the exercise 10 times on the one side and 10 times on the other side. If it is too much for you, you can do 5 repetitions.

Other option for this exercise is to do it while sitting. Because of sitting, there will be no full range of motion but there will be full hip and knee flexion. Repeat 10 times on the one side and 10 times on the other side.



**Starting Position**

## Top 10 Morning Movements to Loosen Up Your Joints



**Bring one knee to the chest, pull it further so that you have the full range of motion in the hip and knee.**



**Straighten the leg, and lay it down.**



## Top 10 Morning Movements to Loosen Up Your Joints



**Repeat the exercise 10 times on the one side and 10 times on the other side.**

### **7. Shoulder Lifts and Circles**

Lie down on a mat, bring the arms over the head, and circle them back to the start. With this exercise we loosen up the shoulder, mid back and neck.

It can be performed in sitting position as well. Arms on the side, bring them over your head, and then back down to the side and back over your head. Repeat it 10 or 5 times. Your ear, neck and shoulder should be in a straight line.



**Starting Position**

## Top 10 Morning Movements to Loosen Up Your Joints



**Bring the arms over the head, and circle them back to the start.**



### 8. Neck Rocks and Half Rolls

While lying down, rock the head to the one side, then to the other side, and then roll it. If you feel any pain or funny symptoms while doing the part with the half rolling, discontinue doing it and just rock the head from side to side.

We usually do not roll back, because some people may have nerve or balance issues.

You can do this exercise while sitting. 5 half rolls each way and that is in total 10 repetitions.

Performing Neck Rocks and Half Rolls is more difficult when you lie than when you sit. If it is challenging for you to do them while lying, you can do them at the end of these exercises in sitting position. You shouldn't work hard to do the movement; it should be fluid.

## Top 10 Morning Movements to Loosen Up Your Joints



**Starting Position**



**Rock the head to the one side, then to the other side.**



**Roll head.**

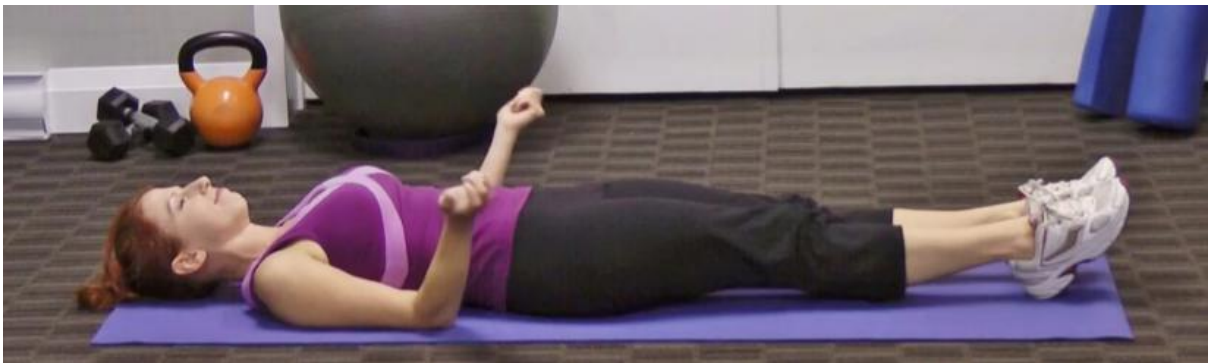
### 9. Loose Wrist Rolls

Lie down on a mat or in bed. It is similar to Ankle Rolls. Rotate the wrists in one direction, and then in the other direction. You shouldn't tighten up the muscles. Do the exercise in a relaxed way. Repeat this exercise 5 times in one way and 5 times in the other way.

There are two more options - sitting and standing.



**Starting Position**



**Rotate the wrists in one direction, and then in the other direction.**



### 10. Open and Close Elbow and Hand

Lie down on a mat. We are bringing in the hand and elbow. Bend the elbow closing the hand, strike up the elbow and open your hand as big as you can. Then bend back the elbow and close the hand into a light fist. Repeat it 10 times.

The same thing you can do in a chair or standing. Have a seat, with a good posture, bend the elbow, light fist, and then straighten out opening up the hands, separating the fingers.

After doing these top 10 morning movements to loosen up your joints, you will have less tension in the muscles and you will find that your body is ready to take on the day.



**Starting Position**



**Bend the elbow closing the hand, strike up the elbow and open your hand as big as you can. Then bend back the elbow and close the hand into a light fist.**

### About Exercises For Injuries

#### **Exercises For Injuries – Your Trusted Resource for Pain-Free Living**

*Recognized as a global leader in injury prevention and recovery since 2008!*

At Exercises For Injuries (EFI) we recognize that traditional exercise and treatment programs often do NOT produce the results that people are looking for. We believe that understanding the cause of injuries and painful conditions can help heal and prevent them. Therefore, our programs are based on years of research, study, creativity, and hands-on testing. Our methods successfully determine what really works to heal injuries and eliminate pain, without expensive appointments, addictive prescriptions, or risk-laden surgery.

Often recognized as the ‘Trainer to the Trainers’ and the ‘Expert to the Experts’, company founder, Rick Kaselj, has been featured in major publications such as Livestrong.com, Men’s Health Magazine, San Francisco Chronicle, Canada.com, Iron Man Magazine, Men’s Journal Magazine, and has delivered presentations and seminars to *more than 6,000 health and fitness professionals across North America*. As an internationally renowned injury and pain expert, Kinesiologist, author and public speaker, Rick has made it his personal mission to make his ground-breaking programs available to as many people as possible, so they can return to pain-free lives.

Today, the EFI team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, pain-free lives by addressing all areas of health, fitness, and personal wellbeing.

**Access our vast FREE library of health-promoting recipes, pain-relief resources and injury recovery information, online at:**

**[www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com)**

### About Rick Kaselj

**Hi, I'm Rick Kaselj.** I create exercise programs that help people heal injuries, eliminate pain, lose weight, increase energy and more... so they can go back to living a full, active, healthy life.

**Here are a few relevant facts about me:**

- I've been a Kinesiologist and pain and injury specialist since 1994.
- I spent 6 years at university studying Kinesiology, Corrective Exercise and Therapeutic Exercise, and got my Master's Degree in Exercise Science.
- I have over 20+ years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I have personally conducted thousands of personal training sessions.
- I have reviewed and carefully scrutinized hundreds of scientific and medical research papers and studies.
- I'm also an author and speaker, and I've given over 260 presentations to more than 6,000 fitness professionals across Canada and the USA.



### **I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN**

**I'm all about finding what works...** and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... does not work!

**Some of the most effective methods** I've discovered for eliminating pain and healing injuries are *counterintuitive* - they required extensive research, testing, and *creativity* to discover.

**People get the best results** when they follow a program that's been *properly designed*. The best programs include only the exercises that are necessary, instructions for how to perform them properly, the proper order in which to perform them, and instructions for what the right amount of rest is, and when to take it.

### What My Clients and Customers Say

"Your exercises have changed my life. I have been in constant pain for 15 years."

-- **Shelley Watson, Carmel, CA**

"I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah!! Thanks so much for a simple answer to a problem I have been dealing with for months."

-- **Tracy Walker, North Carolina**

"Before I used the information, I couldn't walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention."

-- **Cher Anderson, Athens, TN**

"Thank you Rick, you saved my career!"

-- **Marco Mura, Professional Forester, Sardegna, Italy**

"I thought I would just have to retire due to foot pain, but now my pain is gone with your program. It has helped me a lot. Thank you, Rick!"

-- **Audal Acosta**

"I noticed a difference by the second morning. I was able to get up out of bed without the immediate pain and stiffness I am used to experiencing in the morning. I am now able to walk 1.5 miles without pain during or after my walk. That is exciting! I was in constant pain before I started the program and now I am able to take walks with my husband, pain-free."

-- **Jennifer Dixon, Payroll Supervisor, CPP, Wenatchee, WA**

"I have suffered with Plantar Fasciitis for over a year, with no relief, no matter what I tried. One week into your program and I'm able to do exercises that I have been unable to perform for some time now."

-- **Dave Elder, CFT, Infinite Fitness, Ft. Wayne, IN**

"The best thing about the program is that it starts to work quickly. I have already started to notice improvement. My heel says, 'Thank You, Rick!'"

-- **Sue, Former Fitness Instructor**



## Free DVD Offer

**I HAVE A FREE GIFT FOR YOU... *THAT WILL START DECREASING YOUR PAIN NOW!***

I want to send you some of my very best *pain-hacking techniques* FOR FREE!

It's a DVD called "The Pain Hacker" and **I want you to have it for free.**

On the DVD, you'll find an extensive collection of 90-second pain fixes, which are exactly what they sound like - techniques you can do in just 90 seconds that can start reducing your pain almost immediately! In the video, I go through each technique slowly and carefully to show you exactly how to do them. Here's what you can look forward to...

- "The Pain Hacker" DVD contains 90-second fixes for shoulder pain, back pain, knee pain, elbow pain, foot pain, neck pain, wrist pain, hip pain, hand pain, and more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age.
- **TWO SURPRISE BONUSES!** With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.



***We have limited supplies right now...*** so get your FREE copy of "The Pain Hacker" DVD before we run out. Go here to get yours now:

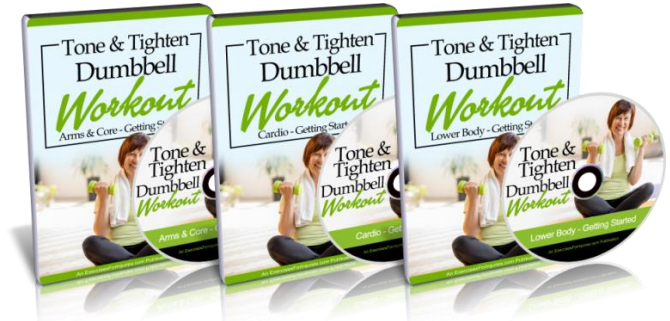
**[www.ThePainHacker.com/Free-DVD-2](http://www.ThePainHacker.com/Free-DVD-2)**

### Our TOP 5 Best Selling Exercise Programs

#### #1: TONE & TIGHTEN DUMBBELL WORKOUT

*FINALLY...* an easy-to-do, low-impact, exercise routine designed for women and men between 45 and 75 that can help you lose weight, increase your energy, feel better throughout the day, be more attractive, reduce your risk of disease, and lots more...

- You can do this whole program in 12 minutes or less each day
- This program is designed specifically for women and men between 45 and 75
- This workout is based on conclusions from scientific research and medical studies
- You don't need a gym membership or any expensive equipment to do this program



Learn more at: [www.Invincible-Body.com/Tone-Tighten](http://www.Invincible-Body.com/Tone-Tighten)

#### #2: BEST GLUTEUS MAXIMUS EXERCISES

*Most doctors have NO IDEA what really causes low back, hip and knee pain. Your "butt" muscle - the Gluteus Maximus, is the key. If you stretch it and strengthen it the right way, you can rapidly reduce and eliminate lower back, hip and knee pain, and finally get back to your normal, pain-free life!*



## Top 10 Morning Movements to Loosen Up Your Joints

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- This amazing pain-relieving program only takes 15 minutes a day
- You're finally going to be addressing the real cause of your pain
- This program isn't just *made up* - it's based on scientific research and medical studies
- You don't need a gym membership or any expensive equipment to do this program

Learn more at: [www.BestGluteusMaximusExercises.com](http://www.BestGluteusMaximusExercises.com)

### #3: BEST GLUTEUS MEDIUS EXERCISES

*THE SURPRISING TRUTH ABOUT BACK AND HIP PAIN:* Most people (and doctors!) don't know it, but the Gluteus Medius muscle single-handedly keeps millions of people stuck and struggling with chronic back and hip pain. This simple video exercise program shows you how to heal your Gluteus Medius muscle, so you can reduce and eliminate your back and hip pain, FAST!

- Within just 7 days you should feel a significant decrease in your back and hip pain
- Imagine your life without low back and hip pain - many of my clients have achieved this!
- This program is based on conclusions from scientific research and medical studies
- These exercises are gentle, easy-to-learn, and easy-to-do... but highly-effective!

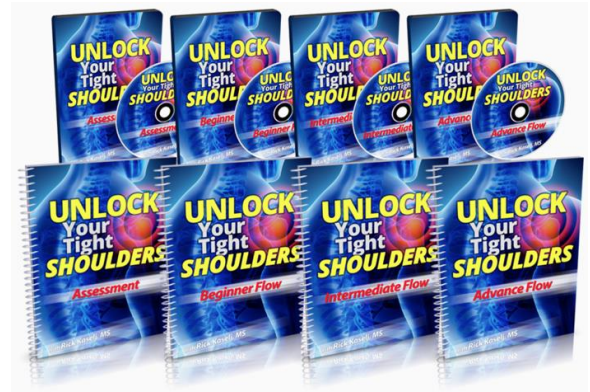


Learn more at: [www.GluteusMediusExercises.com](http://www.GluteusMediusExercises.com)

### #4: UNLOCK YOUR TIGHT SHOULDERS

*This REVOLUTIONARY 8-Point Reshape Method HEALS shoulder pain!* In less than 9 minutes a day you can release decades of trapped muscle and irritating joint pain, and PAIN-PROOF your body's most vulnerable joint - the shoulder.

- Based on real scientific research
- Do it all yourself, in the comfort of your own home, with this simple video program
- Most “experts” give you one or two ways to loosen your shoulders, this program gives you 8 layers of shoulder relief and protection!

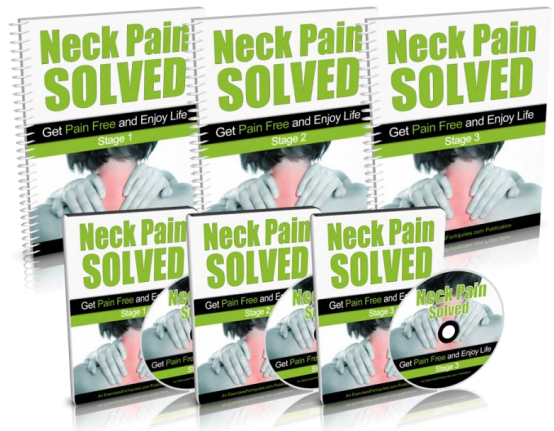


Learn more at: [www.Invincible-Body.com/Tight-Shoulders](http://www.Invincible-Body.com/Tight-Shoulders)

### #5: NECK PAIN SOLVED

*Do you have persistent NECK PAIN? Migraines? Headaches?* Give me JUST 9 MINUTES a day, for JUST 28 DAYS, and I GUARANTEE your neck pain, headaches and migraines will be gone for good...

- Reduce and eliminate your neck pain, headaches, and migraines NATURALLY... without expensive surgery, without time-consuming physical therapy appointments, without pain pills, without invasive treatments
- This program gives you 7 DIFFERENT approaches to fixing your neck pain - most others don't even give you 3!
- This program is based on scientific research, data and studies related to neck pain



## Top 10 Morning Movements to Loosen Up Your Joints

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- This is the most comprehensive neck pain exercise program you'll find, but ALSO the easiest to do - it only takes 9 minutes each day!

**Learn more at: [www.NeckPainSolved.com](http://www.NeckPainSolved.com)**

### GOT PAIN? We Have a Program for You

If you've got a specific pain or injury you need help with... *you're in the right place*. For more than 23 years, Rick Kaselj has been developing easy-to-learn, easy-to-do, highly-effective, research-based, low-impact exercise programs that are designed to reduce, heal and eliminate specific pains and injuries. **These are just some of Rick's programs, categorized by pain and injury:**

#### BACK PAIN

- Best Gluteus Medius Exercises (back and hip pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Sacroiliac Pain Solution (low back pain)
- Lumbar Fusion Exercises (recover faster from lumbar fusion surgery)
- Effective Exercises For Scoliosis (back pain)
- Low Back Pain Solved (low back pain)

#### KNEE PAIN

- Patellofemoral Syndrome Solution (knee pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Knee Replacement Handbook (recover faster from knee replacement surgery)
- Iliotibial Band Syndrome (knee pain)
- Meniscus Tear Solution (knee pain)
- Jumper's Knee Solution (knee pain)

#### FOOT, HEEL, ANKLE PAIN

- Plantar Fasciitis Relief In 7 Days (foot and heel pain)
- Ankle Sprain Solved (ankle pain)

#### SHOULDER PAIN

- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)
- Frozen Shoulder Solution (shoulder pain)
- Effective Rotator Cuff Exercises (shoulder pain)
- Scapular Stabilization Exercises (shoulder pain)
- Shoulder Pain Solved (shoulder pain)

#### NECK PAIN

- Neck Pain Solved (neck pain)
- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)

#### LEG PAIN

- Hamstring Injury Solution (hamstring pain)
- Shin Splints Solved (shin pain)
- Achilles Tendonitis Exercise Solution (calf pain)

#### MISCELLANEOUS

- Piriformis Syndrome Solved (buttock pain)
- Recovery Workouts (speed up recovery between workouts)
- Tennis Elbow Pain Solution (elbow pain)



To find out more about any of these  
or our other pain, injury or exercise programs, go to:

**[www.ExercisesForInjuries.com/Shop](http://www.ExercisesForInjuries.com/Shop)**