

WORKPLACE MOBILITY AT UCI

UCI Campus Recreation's WorkStrong team and UCI HR's Wellness team have partnered together to provide a full-body stretching and mobility routine. When performed regularly, these selfcare movements are designed to decrease the likelihood of injury and promote a culture of whole-person wellness.

Our WorkStrong fitness team loves these mobility exercises because they require no equipment, they can be done anywhere, and they can be scaled to your personal level of health and fitness, making them great for anyone, from beginner to advanced. The goal of these specific movements, called *controlled articular rotations (or CARs)*, is to actively contract the muscles during each part of the movement while going through the joint's full range of motion. The benefit of doing these mobility exercises in a non-painful range is to *alleviate stiffness and improve movement function*. Many of these exercises require a "braced core." A great way to do this is to take a deep breath in through the nose to expand the sides of your torso. This tightens the abdominals and low back muscle to give your spine rigidity and support.

For more info and videos on mobility exercises, please visit hr.uci.edu/wellness

Shoulder Mobility



- Brace core and begin with the right hand on the left hip.
- Elevate the arm as high as possible in an overhead position, pointing the thumb forward at the top.

- Create the biggest arc possible by bringing the arm behind the body and down to the right hip.
- Repeat on other side.
- Perform 10 rotations a day on each shoulder.

Torso Mobility



- Brace core and wrap your arms tightly across your chest giving yourself a hug.
- Lean forward and rotate as far as possible to one direction.
- Dip the shoulder as if trying to touch the floor with it.

- Extend the upper back and rotate to the opposite side.
- Rotate the shoulders to return to center.
- Perform 8-10 rotations each day.

Hip Mobility



- Use a chair or desk to remove any potential balance issues.
- Brace your core and lift the knee up and across the torso with the ankle flexed.
- Open up the knee away from the body. Rotate the knee toward the floor as if trying to touch it to the ground.

- Next, drive the foot toward the wall.
- Reverse the entire movement back to the starting position.
- Perform 8-10 rotations each day on each hip.

Upper Back Mobility



- Place both elbows on the edge of the table or desk.
- Roll the chair back and push the head and neck through the space between your body and the table.
- Allow the chin to drop to the chest.

- Draw your wrists towards the back of your head.
- Allow gravity to pull your chest to the ground, and deepen the movement with each inhale/exhale.
- Perform 5-10 breath cycles a day.

Wall Good Mornings



- Set up with the back to the wall, and step 1.5-2 feet away from the wall.
- Keep the back flat and knees slightly bent.
- Push the hips backwards, touching the glutes to the wall.

- Once a stretch in the hamstrings is felt, squeeze the glutes to stand up.
- Perform 10 repetitions for each hour of seated desk work.

Wrist/Ankle CAR



- This same pattern can be performed in nearly an identical pattern at the wrist and the ankle.
- Brace core and sit or stand upright.
- Hold the arms at 90 degrees at each side with palms facing up and fingers outstretched for the entire movement.
- Bring the pinky fingers of each hand towards each other.

- Next, roll the wrists so the finger tips point towards the face.
- Then rotate the wrists so the fingertips point outward and down towards the ground.
- Roll the wrists back to the start, rotating through the entire circle.
- Perform 1-2 sets for each hour of seated desk work.



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