

Your 15-Minute Home Mobility Routine

Release, move, and support your body. No gym required.

Mobility vs. flexibility. Flexibility is how far a muscle can be stretched when something else moves it. Mobility is how far you can move a joint *on your own*, with control. Long stretches alone don't build that control, so this routine pairs gentle release and stretching with movements that teach your body to own its range, targeting the areas that stiffen most with desk and screen time: your **upper back, shoulders, and hips**.

What you'll need

- Foam roller
- Lacrosse ball (or a softer tennis ball)
- A mat, a wall, and a knee cushion (a folded towel works)

How to use it

- 2–3 days a week, or daily
- In order: **Release, Mobilize, Stabilize**
- Breathe slowly; about 70% effort

PART 1 | RELEASE

about 4 minutes

1

Thoracic Extension with Overhead Reach • 10 slow breaths [Foam roller]

Lie with the roller across your upper back, hands supporting your head, hips on the floor. Gently arch over the roller, then reach your arms overhead. Move the roller an inch up or down every few breaths.

2

Lat Roll • 30 sec per side [Foam roller]

Lie on your side with the roller just below your armpit, bottom arm reaching overhead, thumb up. Roll slowly a few inches toward your ribs and back.

3

Glute Release • 45 sec per side [Lacrosse ball]

Sit on the floor with the ball under one glute, cross that ankle over the opposite knee. Lean in until you find a tender spot, pause there, and breathe until it eases.

4

Chest Release on the Wall • 30 sec per side [Lacrosse ball]

Pin the ball between the wall and the front of your shoulder, just below your collarbone. Make small circles, and slowly slide your arm up and down the wall.

Rolling with care

- Aim for “good discomfort,” around a 5–6 out of 10. Keep the roller and ball off your neck, low back, joints, and bony spots, and skip anything bruised, swollen, or recently injured.
- **No ball?** Use the foam roller as the pressure source for the glute and chest releases.
- **Too intense on the floor?** Do the rolling moves with the roller or ball against a wall and lean in only as much as feels right.

PART 2 | MOBILIZE

about 5 minutes

5

Cat-Cow with Breathwork • 8 slow breaths [Cushion]

On hands and knees, inhale for 4 counts as you drop your belly and lift your chest (cow). Exhale for 4–6 counts as you round your back and tuck your chin (cat). Let the breath lead the movement.

6

90/90 Hip Switches • 6 switches + 20 sec hold

Sit with both knees bent to 90°, one leg in front, one to the side. Sit tall, then rotate both knees to the other side, leaning on your hands if needed. End with a short hold.

7

World's Greatest Stretch • 5 per side

Step into a deep lunge, place the same-side hand inside your front foot, then rotate and reach your other arm to the ceiling. Follow your hand with your eyes. Return and repeat.

8

Foam Roller Thread the Needle • 6 per side [Foam roller]

On hands and knees, set the roller just outside your left hand and rest your right hand on it. Exhale and roll it through to the left, threading your right arm under your body to twist your upper back. Inhale to return. Switch sides.

PART 3 | STABILIZE

about 4 minutes

9

Wall Angels • 10 reps [Wall]

Stand with your back against the wall, feet a step forward, ribs down. Bring arms into a goalpost shape, then slowly slide them up and down, keeping contact with the wall.

10

Bird Dogs • 6 per side

On hands and knees, reach one arm forward and the opposite leg back without letting your hips rotate. Hold 3 seconds, return with control, switch sides.

11

4-Point Rock Back • 8 reps

On hands and knees, keep a flat back and slowly sit your hips back toward your heels, as far as you can without your low back rounding. Pause, then rock forward.

Listen to your body

Mobility work should never cause sharp, shooting, or lingering pain. If something hurts, ease off or skip it, and check with your doctor or physical therapist before continuing.

Adapted from “Mobility 101: The Basics of Mobility” by Tom MacCormick, Muscle & Strength. This handout is for general education and does not replace individualized medical care.