

Daily Mobility & Balance Starter Guide

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Daily Mobility (5 minutes)

- Cat-cow: 10 slow reps.
- Hip flexor stretch: 30 seconds each side.
- Thoracic rotation (seated): 10 reps each side.
- Ankle circles: 10 each direction, both sides.

Balance (3 minutes)

- Single-leg stance near a wall: 30 seconds each leg.
- Heel-to-toe walking: 20 steps forward and back.
- Tandem stance with eyes closed (only if safe): 15 seconds.

Safety Notes

- Stop any exercise that causes sharp pain.
- Use a stable surface for balance support.
- This guide is a starting point — your therapist will personalize it.

Questions? Call (352) 663-9988 or email Contact@nexusphysicaltherapy.com