JP acupuncture · wellness

Whole-Body Home Exercises

9 exercises to help prevent pain throughout the body

WB-Phase1

Gently move the muscles of your whole body to ease discomfort and keep your body healthy.

Precautions

- Exercise only within a range that is not very painful.
- Move slowly and gently.
- Don't hold your breath — breathe naturally.

How often

- Do each exercise 10 times, 2 sets (or as shown on each card).
- Do the routine 1–2 times a day, every day.



1 Neck Turns

1. Slowly turn your head to the right.
2. Then turn it to the left.
3. Repeat 5 times in each direction.

5 reps each way · 2 sets



2 Shoulder Rolls

1. Lift your shoulders up toward your ears, then slowly lower them.
2. Roll them both forward and backward.

10 reps · 2 sets



3 Side Stretch

1. Raise one arm overhead and lean your body to the side.
2. Repeat on the other side.

10 sec each side · 2 sets



4 Upper-Body Twist

1. Open your arms out to the sides and slowly turn your upper body to the right.
2. Repeat to the left.

10 reps each side · 2 sets



5 Knee to Chest

1. Pull one knee toward your chest.
2. Repeat with the other leg.

10 sec each side · 2 sets



6 Cat-Cow

1. On hands and knees, round your back up, then slowly let it lower.

10 reps · 2 sets



7 Bridge

1. With knees bent, lift your hips up.
2. Slowly lower back down.

10 reps · 2 sets



8 Full-Body Stretch

1. Interlace your fingers and reach straight up.
2. Lengthen your whole body.

10 sec · 2 sets



9 Walking

1. Walk lightly at a comfortable pace.
2. Aim for 20–30 minutes a day.

20–30 min

Get medical care right away if you notice:

- Chest pain, shortness of breath, or dizziness during exercise
- Sudden severe pain after a fall or injury
- Numbness or weakness in the arms or legs that keeps getting worse
- Loss of bladder or bowel control
- Pain with fever or unexplained weight loss

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These are simple, comfortable exercises for everyday home use, based on materials from respected medical organizations. For exercises tailored to your symptoms, talk with your healthcare provider. This material does not replace an individual medical evaluation.

Sources: Physical Activity Guidelines for Americans, 2nd ed. (HHS 2018); ACSM Position Stand (Garber 2011); AAOS OrthoInfo – Spine Conditioning Program. These organizations have not reviewed or endorsed this material. Illustrations created with AI.