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Restore Your Youth:

6 MOBILITY EXERCISES

to Reduce Aches and Improve Flexibility for Aging Adults

Welcome!

Hi, I'm Mary Kate Casey, Doctor of Physical Therapy, 4x National Championship lacrosse player, and injury prevention specialist. I help people of all ages and activity levels optimize their physical health through personalized treatment plans, cutting-edge therapeutic techniques, and evidence-based exercise programs.



This guide was designed to fill the knowledge gap many adults face when it comes to mobility—especially those who want to regain their independence and continue enjoying everyday activities without discomfort. Too often, people aren't sure where to start or which exercises are safest and most effective for improving joint mobility as we age. I created this resource to provide a simple, yet comprehensive solution.

Through years of clinical experience and research, I've hand-picked six proven exercises that are safe, effective, and easy to incorporate into daily routines. These exercises are tailored specifically to help aging adults reduce pain, improve flexibility, and move more freely.

The goal is to empower you to take control of your physical health, maintain your independence, and keep doing the things you love—whether it's playing with grandchildren, walking, or staying active in your community.

Mary Kate Casey

6 MOBILITY EXERCISES TO REDUCE ACHES AND IMPROVE FLEXIBILITY FOR AGING ADULTS

EXERCISE 1: CAT-COW STRETCH

Target Area: Spine, Lower Back, and Shoulders
This classic mobility exercise helps improve spinal flexibility and ease lower back stiffness, which is especially common as we age. It also opens up the chest and relieves tension in the shoulders.

Step-by-Step:

1. Start on your hands and knees, with your wrists directly beneath your shoulders and knees beneath your hips.
2. On an inhale, arch your back, dropping your belly towards the floor, and look upwards (this is the “Cow” position).
3. On an exhale, round your spine upwards, tucking your chin to your chest (the “Cat” position).
4. Repeat for 10-15 cycles, focusing on smooth, controlled movements.

Outcome: This exercise enhances spinal flexibility, reducing lower back pain and tension in the shoulders.



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EXERCISE 2: KNEELING HIP FLEXOR STRETCH

Target Area: Hip Flexors and Lower Back
Alleviates tightness in the hips, which can affect mobility and walking posture. By improving hip flexor flexibility, this stretch helps increase stride length and reduce discomfort during daily activities.

Step-by-Step:

1. Begin in a kneeling position with one knee on the ground and the other foot planted firmly in front of you.
2. Gently press your hips forward, feeling a stretch in the front of your hip.
3. Hold the stretch for 20-30 seconds, then switch sides.
4. Repeat 2-3 times per side.

Outcome: This stretch improves hip mobility, alleviates tightness, and increases stride length, helping you move with greater ease.



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EXERCISE 3: STANDING CALF STRETCH

Target Area: Calves and Ankles
This stretch helps improve flexibility in the calves and ankles, which is essential for mobility and balance.

Step-by-Step:

1. Stand facing a wall with your feet hip-width apart.
2. Step one leg back, keeping the back heel flat on the ground and the front knee slightly bent.
3. Gently press your hips forward, feeling a stretch in the calf of the back leg.
4. Hold for 20-30 seconds, then switch sides.
5. Repeat 2-3 times per side.

Outcome: This stretch improves calf flexibility and ankle mobility, which is important for balance and movement.



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EXERCISE 4: SEATED PIRIFORMIS STRETCH

Target Area: Glutes and Lower Back
This seated piriformis stretch on the floor is ideal for releasing tension in the glutes and lower back, promoting better flexibility and mobility.

Step-by-Step:

1. Sit on the floor with your legs extended straight in front of you.
2. Cross your right leg over your left, placing your right foot flat on the floor outside your left thigh.
3. Keep your back straight and place your right hand behind you for support.
4. Use your left arm to gently press your right knee toward your chest, feeling a stretch in your right glute and lower back.
5. Hold the position for 20-30 seconds, then switch sides.
6. Repeat 2-3 times per side.

Outcome: This stretch targets the piriformis and glutes, reducing tightness and improving mobility in the lower back and hips.



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EXERCISE 5: CHILD'S POSE

Target Area: Lower Back, Hips, and Shoulders
This yoga-inspired stretch helps release tightness in the lower back and opens the hips and shoulders.

Step-by-Step:

1. Start on your hands and knees in a tabletop position.
2. Slowly sit your hips back toward your heels, stretching your arms forward.
3. Rest your forehead on the floor and relax into the stretch.
4. Hold for 20-30 seconds, breathing deeply, then return to the starting position.
5. Hold the position for 20-30 seconds, then switch sides.
6. Repeat 2-3 times.

Outcome: Promotes spinal decompression, improves hip mobility, and relieves back and shoulder tension.



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EXERCISE 6: SUPINE PEC STRETCH

Target Area: Chest and Shoulders
The Supine Pec Stretch is an excellent way to release tightness in the chest and shoulders, areas that often become tense due to poor posture or extended periods of sitting.

Step-by-Step:

1. Lie on your back with your knees bent and feet flat on the floor.
2. Place your arms out to the sides at a 90-degree angle, with elbows bent, creating a "goalpost" shape with your arms.
3. Gently press the backs of your hands and forearms into the floor while keeping your shoulders relaxed
4. You should feel a stretch across your chest and the front of your shoulders.
5. Hold the stretch for 20-30 seconds, focusing on deep breathing.
6. Repeat 2-3 times.

Outcome: This exercise opens up the chest, relieves shoulder tightness, and improves posture by encouraging better alignment of the upper body.



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You've just taken a positive step towards feeling better and moving with more ease! The mobility exercises in this guide are designed to help you reduce aches, improve flexibility, and restore the freedom to do the things you love—without discomfort.

As we age, maintaining joint health and muscle flexibility is essential to staying independent and active. These exercises are a great way to begin, but personalized guidance can make a huge difference in your progress.

Ready to Take Your Mobility to the Next Level?

While these exercises provide a solid foundation, individualized care tailored to your body's needs will ensure even faster, more effective results. At PREP Performance Center, we specialize in helping aging adults regain strength, flexibility, and confidence in their movements.

Don't wait any longer—let's work together to make your mobility goals a reality.

Click below to book your appointment with me today, and let's create a plan that's perfect for you!

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SCAN ME!