

JOINT ROTATIONS

Five Element Yoga® Therapy

Rotating the joints secretes synovial fluid into joint tissues which helps the joints to move more freely as well as protecting them from injury. It's fun and easy to do and does not need to take a lot of time. This will allow you to connect with your body and your joints to have better mind-body connection and awareness.

HOW TO: Rotate joints slowly with your breath rhythm as you breathe deeply. Circle one way, and then the other way with many dynamic repetitions. Get experimental, allowing yourself to flow with it and create new movements on your own. Notice how each joint feels, especially from right to left sides.



1. STANDING ROTATIONS

- Hands on joints as you circle: knees, hips, ribs.
- Then circle shoulders, arms into twisting, neck, and wrists.
- Hands on knees for Cat-Dog and the Wave through the spine.



2. SWIMMING MOVEMENTS

- Back Crawl: shoulder rolls; add elbows; add extended arms with flowing twists through spine.
- Front Crawl.
- Side-Stroke: diagonal reach to where wall and ceiling meet on one side, then the other.
- Breast Stroke in Goddess legs.

3. SEATED ROTATIONS

- Infinity wrist circles; open and close hands like stars.
- Arms in front parallel to floor with loose fists. Point fists down, fists up, then open hands wide - repeat 10 times.
- Circle ankles: try to reach big and little toes to touch floor.
- Knees: Slide heels towards and away from you one at a time.
- Hips: Bend knees and windshield wipe side to side.
- Spine and Neck: Knees bent with hands holding backs of knees Cat-Dog wave-like movements.
- Neck: small upward chin circles.
- Shoulder rolls backward. Add twists by reaching one shoulder forward at a time.
- Hips: Z Pose Deep hip stretch – hands on floor on either side of the forward knee. Circle pelvis. Walk hands forward to place forearms on the floor and circle again. Forehead on block, smaller circles, then rest.

4. SUPINE - BACK

- Rock head side to side.
- Hold knees ankle circles.
- Knees: Straighten and bend one leg into the air at a time.
- Hips: Stir knees.
- Sacral Low back massage: Hands cup kneecaps. Keep knees together and slow circles.
- Rock and Roll: Either side to side (all the way with knee on the floor); or back and forth.
- Circle Knee: One leg straight, slowly circle other knee one way, then the other, stopping along the way to feel and stretch; flow into knee down twist.
- Circle Arm: In knee down twist, circle arm allowing it to touch the floor along the way.
- Circle wrists.

