

Things to consider:

- nerves like movement, blood, space
- nerves are also sensitive and irritable so start with less and build up
- dynamic movements > static holding
- start with 5-10 and then can build up to performing a few times a day
- think of nudging into the tightness and then backing off

Upper body:

- Self massage with hands or tennis/lacrosse ball to pectorals muscles
 - Easier to perform against a wall
- Chest opening stretch: laying on vertical foam roller with arms to the side
- Chest opening stretch and thoracic spine mobilization: foam roller, rolled yoga mat, or bolster horizontal across upper back (under shoulder blades)-extending through upper back hands behind ears, opening elbows out to the side
 - Can perform in sitting with arms on arm rest
- median, ulnar, radial nerve glides
 - Can perform seated or laying down
 - Tilting head away=more intense
- Open book: laying on side opening top arm and rotating the upper spine
- Cat cow
 - Seated or on hands and knees

Lower body:

- Self massage with tennis or lacrosse ball to hip muscles
 - Can perform laying down, sitting, or standing against a wall
- Rolling out and self massage to plantar fascia of the bottom of the foot
- Rolling with ball or rolling pin/massage to the calf muscles (can use on any other muscles as well)
- Sciatic nerve glides: perform with strap, towel, belt, etc.
 - Straighten the leg and flex the foot
 - Bias the foot inward and outward
 - In sitting straighten the leg and flex the foot-can curl the upper body and head for more stretch
- Calf stretches standing-toes on rolled yoga mat
 - Can bend and straighten the knee