



Move Freely Again: A 7-Day Midlife Mobility Reset

A gentle, whole-body system for busy midlife women

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MODULE 1 — Neck & Upper Back Reset

Goal: Release tension, improve posture, and calm neck & upper back pain.

Why this area hurts so much in midlife

Many women in their 40s, 50s, and 60s feel:

- Tight, tired neck muscles
- “Knots” at the tops of the shoulders
- Stiffness when turning the head
- Headaches that start at the base of the skull

This happens because of:

- Looking down at phones and screens
- Stress and “holding tension” in the neck
- Years of slouching
- Less movement in the upper back
- Hormonal changes that make tissues less stretchy

Common complaints this module helps with

- “My neck feels stiff and crunchy when I turn.”
- “I get tension headaches.”

- “My shoulders are always up by my ears.”
- “I can’t find a comfortable sleeping position.”

When to get checked by a medical provider

Stop and talk to a provider if you notice:

- Sudden, very strong headache
- Numbness or tingling in your arm or hand
- Weakness in your arm or hand
- Trouble with balance, vision, or speaking
- Symptoms after a fall or accident

Daily Neck & Upper Back Mobility (3–5 minutes)

1. Gentle Chin Glide (10 reps)

- Sit or stand tall.
- Gently slide your head straight back, like making a “double chin.”
- Don’t tilt your head up or down.
- Hold 2 seconds, relax.

2. Shoulder Drops (10 reps)

- Shrug both shoulders up toward your ears, then let them drop down and relax.
- Think: “melt the tension.”

3. Side-of-Neck Stretch (20–30 seconds each side)

- Sit tall.
- Slowly bring your ear toward your shoulder.
- Keep the opposite shoulder heavy and relaxed.
- Only go to a gentle stretch, not pain.

4. “Look to Armpit” Stretch (20 seconds each side)

- Turn your head slightly, like you're looking down toward your armpit.
- Gently guide your head down with your hand.
- This targets the stubborn neck knot area.

5. “Book Opening” Upper Back Stretch (10 each side)

- Lie on your side with knees bent.
- Arms straight out in front of you, palms together.
- Open your top arm like a book, rotating your chest toward the ceiling.
- Follow your hand with your eyes.

Neck & Upper Back Strength (5–7 minutes)

1. Shoulder Blade Squeezes (15 reps)

- Sit or stand tall.
- Gently squeeze your shoulder blades together and slightly down.
- Hold 3 seconds, then relax.
- Don't shrug your shoulders upward.

2. Deep Neck Support Hold (5–10 seconds x 5)

- Do a gentle chin glide.
- Hold it while breathing softly in and out.
- You should feel light effort in the front of the neck, not strain.

3. Wall “Snow Angels” (10 reps)

- Stand with back against a wall.
- Gently slide arms up and down like making snow angels.
- Try to keep the back of your hands, head, and upper back touching the wall as much as is comfortable.

5-Minute Daily Reset for Neck & Upper Back

1. Chin glides — 10

2. Side-of-neck stretch — 20 seconds each side
3. “Look to armpit” stretch — 20 seconds each side
4. Shoulder blade squeezes — 10
5. Deep neck support hold — 5–10 seconds x 3

What to expect

- In a few days: less “knotty” feeling
- In 1–2 weeks: easier turning and looking over your shoulder
- In 3–4 weeks: better posture, fewer tension headaches

MODULE 2 — Shoulders & Arms Freedom

Goal: Reach, lift, and carry with more ease and less pain.

Why shoulders get cranky in midlife

- Years of rounded posture
- Less use of the deeper shoulder muscles
- Hormonal changes → stiffer tendons
- Sleeping on the same side for years
- Lifting grandchildren, bags, groceries with poor mechanics

Common complaints this module helps with

- Pain when lifting your arm to the side or overhead
- Aching shoulder at night
- Difficulty getting dressed (shirt, bra strap)
- Pain when reaching into the back seat

When to get checked

- Sudden shoulder weakness (can't lift arm at all)
- Obvious deformity after a fall
- Large swelling, redness, or warmth
- Very sharp pain that isn't improving

Gentle Shoulder Mobility (3–5 minutes)

1. Arm Swing (30 seconds)

- Lean forward slightly, resting other hand on a table or counter.
- Let your arm hang.
- Gently sway your body so your arm swings in small circles.

2. Front of Chest Stretch (20–30 seconds each side)

- Place your forearm on a doorframe or wall.
- Gently turn your body away until you feel a stretch in the front of your chest/shoulder.

3. Wall Crawls (10 reps)

- Face a wall.
- “Walk” your fingers up the wall as high as is comfortable.
- Hold a moment, then walk them back down.

4. Lying “Book Opening” (like Module 1) — 10 each side

- Great for freeing the upper back, which helps the shoulders move better.

Shoulder Strength (5–7 minutes)

1. Shoulder Blade Set (10 reps)

- Gently pull shoulders down and slightly back.

- Hold 3 seconds.
- Think: “slide shoulders into your back pockets.”

2. Band Pull-Back (12 reps)

- Hold a light band with both hands.
- Elbows close to your sides, bent at 90 degrees.
- Pull hands apart, squeezing space between shoulder blades.
- Keep shoulders relaxed, not shrugged.

3. Wall Slides (10 reps)

- Stand facing the wall with forearms on it.
- Slowly slide arms upward as far as comfortable.
- Keep shoulders away from ears.

4. Light Carry (20–30 seconds)

- Hold a light weight or even a full water bottle in one hand.
- Stand tall and walk slowly.
- Switch sides.
- This mimics daily life (groceries, bags, etc.).

Shoulder Pain Tips

- Avoid lifting overhead repeatedly if it’s painful.
- Work in the pain-free range while strengthening.
- Don’t do movements with thumbs turned downward (they can pinch the shoulder).

5-Minute Daily Reset for Shoulders

1. Arm swing — 30 seconds
2. Wall crawls — 10
3. Band pull-back — 10–12
4. Chest stretch — 20–30 seconds
5. Shoulder blade set — 10

MODULE 3 — Spine & Core Stability

Goal: Support your back, improve posture, and reduce pain.

Why backs struggle in midlife

- Core muscles get weaker over time
- Sitting more, moving less
- Hormonal changes affect joints and ligaments
- Tight hip flexors from sitting
- Weak butt muscles
- Stress and poor posture

Common complaints this module helps with

- Achy low back after standing or walking
- Stiffness getting out of bed
- “My back feels weak”
- “My posture is collapsing”

When to get checked

- Numbness in your inner thighs or groin
- Trouble controlling bladder or bowels
- Notable weakness in legs
- Back pain after a serious fall or accident

Gentle Spine Mobility (3–5 minutes)

1. Pelvic Rock (10 reps)

- Lie on your back, knees bent.
- Gently tilt your pelvis to flatten your low back into the floor.
- Then tilt the other way to arch slightly.
- Move slowly.

2. Cat-Cow (10 reps)

- On hands and knees.
- Round your back like a cat, then gently arch like a cow.
- Move with your breath.

3. Side-to-Side Knees (10 reps)

- On your back, knees bent.
- Slowly let your knees fall to one side, then the other, as far as comfortable.

Core & Back Strength (5–8 minutes)

1. Gentle Deep Core Activation (10 reps)

- On your back.
- Take a breath in.
- As you breathe out, gently tighten your lower belly like zipping up pants.
- Hold 3–5 seconds, then relax.

2. Opposite Arm & Leg Reach on Back (“Dead Bug Lite”) — 8–10 each side

- On your back, knees bent, arms straight toward the ceiling.
- Slowly reach one arm overhead while sliding the opposite heel along the floor.
- Return and switch sides.
- Keep your core gently engaged.

3. Hands-and-Knees Reach (“Bird-Dog Lite”) — 8 each side

- On hands and knees.
- Reach one arm forward and the opposite leg back (or just the arm if needed).
- Keep your back flat, no sagging.
- Small, controlled movements.

4. Bridge (10–12 reps)

- On your back, knees bent, feet hip-width apart.
- Tighten belly and gently squeeze butt.
- Lift hips until shoulders–hips–knees form a “ramp.”
- Hold 3 seconds, lower gently.

5-Minute Daily Reset for Spine & Core

1. Pelvic rock — 10
2. Cat-cow — 10
3. Deep core activation — 10
4. Bridge — 10
5. Hands-and-knees reach — 5 each side

MODULE 4 — Hips: Flexibility + Power

Goal: Free up your hips and build strong, confident movement.

Why hips feel stiff and weak in midlife

- Too much sitting → front-of-hip muscles tighten
- Butt muscles “go offline”
- Hormonal shifts affect joint surfaces
- Less walking, more chair time
- Old injuries showing up

Common complaints this module helps with

- Stiffness getting up from chairs
- Hip tightness when walking or climbing stairs
- Deep butt pain when sitting a long time

- “I feel old in my hips”

When to get checked

- Sudden inability to bear weight
- Hip pain at night that wakes you often
- Red, warm, swollen joint

Hip Mobility (3–5 minutes)

1. Hip Circles (10 each direction)

- Stand holding a counter or chair.
- Lift one knee a little and make gentle circles.
- Switch legs.

2. Figure-4 Stretch (20–30 seconds each side)

- On your back, cross one ankle over the opposite knee.
- Gently pull the uncrossed leg toward your chest.
- You should feel a stretch in the butt/outer hip.

3. Front-of-Hip Stretch (20–30 seconds each side)

- Stand in a split stance (one leg forward, one back).
- Gently bend the front knee, keeping torso upright.
- You should feel the stretch in the front of the back hip.

Hip Strength (5–8 minutes)

1. Bridge (again!) — 10–12 reps

- Great for hip power and back support.

2. Side-Lying Leg Lift (10–12 reps each)

- Lie on your side.
- Lift top leg slightly toward the ceiling.
- Keep toes pointing forward or slightly down.
- You should feel this in the side of your butt.

3. Clamshell (10–12 reps each)

- On your side, knees bent, heels together.
- Open top knee like a clamshell, keeping feet touching.
- Don't roll your hips backward.

4. Sit-to-Stand (Mini Squat) — 10–12 reps

- Sit on a chair.
- Stand up without using your hands if possible, then sit back slowly.
- This is a real-life “strength test.”

5-Minute Daily Reset for Hips

1. Hip circles — 10 each
2. Figure-4 stretch — 20 seconds each side
3. Front-of-hip stretch — 20 seconds each side
4. Side-lying leg lift — 10 each side
5. Sit-to-stand — 8–10

MODULE 5 — Knees: Strength + Stability

Goal: Reduce stiffness and build strong, steady knees.

Why knees complain in midlife

- Less muscle support from thighs and hips
- Stiffness from old injuries or early arthritis
- More stress on knees from alignment changes
- Tight muscles around the knee

Common complaints this module helps with

- Achy knees going up or down stairs
- Knee stiffness after sitting
- Pain around or behind the kneecap
- Knees feeling “weak” or wobbly

When to get checked

- Knee gives out unexpectedly
- Knee locks and won’t move
- Big swelling after minor movements
- Red, hot, very painful joint

Knee Mobility (3–5 minutes)

1. Heel Slides (10 reps each leg)

- Sit or lie down.
- Slowly slide your heel toward your butt, then back out.

2. Gentle Hamstring Stretch (20–30 seconds)

- Sit at edge of a chair.
- Straighten one leg with heel on floor, toes up.
- Lean forward slightly from the hips until you feel stretch in the back of thigh.

3. Calf Stretch (20–30 seconds each)

- Stand facing a wall.
- Step one foot back, heel down.
- Bend front knee and gently lean in.

Knee Strength (5–8 minutes)

1. Thigh Tightening (10 reps each)

- Sit or lie with leg straight.
- Tighten the front of your thigh to gently straighten and press the knee down.
- Hold 5 seconds.

2. Straight-Leg Raise (10 reps each)

- After tightening the thigh, lift leg a few inches, hold 2–3 seconds, then lower slowly.

3. Chair Squats (Mini Squats) — 8–10 reps

- Sit-to-stand as in the hip module.
- Focus on knees staying in line with toes (not collapsing inward).

4. Side-Steps (10 steps each direction)

- Slightly bend knees.
- Take small sideways steps like a crab.
- This builds hip and knee stability.

5-Minute Daily Reset for Knees

1. Heel slides — 10
2. Thigh tightening — 10
3. Straight-leg raises — 8–10 each
4. Chair squats — 8–10
5. Calf stretch — 20 seconds each

MODULE 6 — Feet & Ankles: Balance, Spring, and Support

Goal: Reduce heel pain, support your arches, and improve balance.
(Includes special care for plantar fasciitis & Achilles pain.)

Why feet struggle in midlife

- Thinning natural cushioning in the heels
- Tight calf muscles
- Weaker small foot muscles
- Flat or high arches getting more stressed
- Walking barefoot on hard floors
- Hormonal changes affecting tendons

Common complaints this module helps with

- Heel pain in the morning
- Soreness in the back of the heel or lower calf
- Burning feet after standing
- Poor balance or feeling “wobbly”
- Achy feet after long days

When to get checked

- Sudden strong pain with a “pop” in the back of the heel
- Inability to walk on the foot
- Red, hot, swollen joints
- Numbness in both feet that doesn’t go away

Foot & Ankle Mobility (3–5 minutes)

1. Ankle Pumps (20 reps)

- Sit comfortably.
- Move your foot up and down like pressing and releasing a gas pedal.

2. Ankle Circles (10 each direction)

- Draw circles with your big toe, slow and controlled.

3. Gentle Toe Stretch (20 seconds)

- Sit and cross foot over opposite knee.
- Gently pull the big toe back until you feel a stretch along the arch.

Foot & Ankle Strength + Balance (5–8 minutes)

1. Arch Lift (“Short Foot”) — 10 reps

- Standing, feet hip-width apart.
- Gently try to lift the arch by gripping the floor lightly without curling toes.
- Hold 3–5 seconds.

2. Calf Raises (2 levels, pick what feels good)

- Level 1: Both feet, hold chair. Rise up onto toes, lower slowly. 10–12 reps.
- Level 2: Same as above but pause a little longer at the top and lower extra slow.

3. Towel Scrunch (1 minute)

- Place towel on floor.
- Use your toes to pull it toward you.

4. Single-Leg Balance (20–30 seconds)

- Stand near a counter.
- Lift one foot slightly and balance on the other.
- Lightly touch the counter as needed. Switch sides.

Special Care: Heel Pain (Plantar Fasciitis)

Morning Routine (before walking):

1. Ankle pumps — 20
2. Gentle toe and arch stretch — 20–30 seconds
3. Towel scrunch — 30–60 seconds

During the day:

- Roll your arch over a cold water bottle or ball for 1–2 minutes.
- Wear supportive shoes or insoles.
- Avoid being barefoot on hard floors for long periods.

Special Care: Back-of-Heel Pain (Achilles)

Calming phase (first 5–7 days):

- Avoid flat barefoot walking on hard floors.
- Use slightly cushioned shoes.
- Use ice or cold pack 10 minutes after activity if it's sore.

Gentle Strength Phase:

1. Calf raises — slow up, slow down, 10–12 reps
2. Once that's easy, rise on both feet, then slowly lower using just the painful leg, 6–8 times (only if pain is mild).

5-Minute Daily Reset for Feet & Ankles

1. Ankle pumps — 20
2. Toe stretch — 20 seconds
3. Arch lift — 10
4. Calf raises — 10

5. Single-leg balance — 20 seconds each

MODULE 7 — Whole-Body Daily Flow

Goal: Put it all together in one gentle, full-body routine.

This is your **daily “movement vitamin.”**

Do this most days of the week for best results.

Whole-Body Flow (5–10 minutes)

1. **3 Deep Breaths**
 - a. In through your nose, out through your mouth.
 - b. Let your shoulders drop on each exhale.
2. **Neck Glides — 10 reps**
3. **Shoulder Rolls — 10 forward, 10 back**
4. **Open-Book Upper Back Stretch — 5 each side**
5. **Cat-Cow — 10 reps**
6. **Hip Circles — 10 each direction**
7. **Sit-to-Stand Squats — 10 reps**
8. **Calf Pumps — 20 reps**
9. **Arch Lifts — 10 reps**
10. **Single-Leg Balance — 20 seconds each side**

What women usually notice

- In a week: less stiffness, more ease
- In 2–3 weeks: stronger, steadier, more confident in movement
- In 4–6 weeks: this feels like “body maintenance,” not “rehab” — and they miss it when they skip it