**Neural Warm-up**

**Master Exercise List: R-Phase Series**

**1. Neutral Stance**

**2. Neutral Stance Lengthening –** Arms Up, Arms Out, Arms in Front, Body Rotated Right, Body Rotated

Left

**3. Lateral/Medial Ankle Tilts**

**4. 3 Position Toe Pulls** – Outside, Middle, Inside

**5. 6 Position Ankle Circles**

**6. Full Ankle Circles**

**7. Hanging Knee Circles**

**8. Closed Chain Knee Circles**

**9. Hip Pendulums**

**10. 4 Position Hip Circles in Rehab Position** – Crossbody, Front, Side, Back

**11. Full Hip Circles**

**12. Pelvis** – A/P Tilts, Lateral Tilts, Full Circle

**13. Lumbopelvic Hourglass**

**14. Lumbar Spine** – Front Circles, Back Circles, Full Circles

**15. Thoracic Spine** – A/P Glide, Lateral Glide, Full Circles

**16. Cervical Spine** – Rotation, Lateral Flexion, A/P Glides, Lateral Glides, Full Circles, Lateral Tilt with

Lateral Glide, Sliding Nod, Rotating Figure 8’s

**17. 6 Position Shoulder Circles –** Front/Back, Top/Bottom, Side/Crossbody

**18. Scapular Camshafts**

**19. Elbow Circles** – Top, Bottom

**20. Wrist** – Flexions/Extensions, Lateral Glides, Full Circles

**21. Hands** – Pinky Leads Figure 8’s, Index Leads Figure 8’s

**22. Fingers** – Circles, Flexion/Extension Waves, Opening/Closing Sequences

**23. Jaw** – A/P Glide, Lateral Glide