

LONGEVITY · FREE ROUTINE

The 10-Minute Morning Mobility Routine

Eight joint-by-joint mobility drills in a fixed ten-minute order, with dose tables and a stop-pain rule, built for stiff mornings rather than gym sessions — because usable range of motion is one of the clearest markers of functional age.

- 8 joint-by-joint drills
- Fixed 10-minute order
- Stop-pain rule
- 30-day consistency grid
- 3-page A4 printable PDF

CLINICAL RATIONALE — WHY THIS SPECIFIC TOOL

Stiffness in the morning is mostly synovial fluid that has not yet circulated and soft tissue that has not yet been loaded. Movement, not stretching - holding, is what restores it — and it takes minutes, not an hour.

Range of motion is a vital sign. Ankle, hip and thoracic range decline with age ahead of strength, and low range is one of the strongest predictors of falls and loss of independence. Ten daily minutes maintains what the gym later builds on.

Synovial fluid needs movement to move. Cartilage has no blood supply; it is fed by the pumping action of joint loading. Gentle full-range movement first thing is the lubrication cycle your joints did not get overnight.

AUTHORITY / EVIDENCE BASE	WHAT IT ESTABLISHES FOR THIS TOOL
CDC STEADI initiative	Falls are the leading cause of injury in older adults; balance and mobility work is the core preventive intervention.
Range-of-motion and ageing research	Ankle, hip and spine range decline with age and associate with function and fall risk independent of strength.
Joint-loading physiology	Synovial fluid and cartilage nutrition depend on cyclic loading — movement is the pump.

QUICK START — THE NEXT TEN MINUTES

- 1**Clear one square metre**
Next to the bed, before coffee. The cue is the routine; the routine is the habit.
- 2**Run the eight drills in order**
Ten minutes total. The dose table on page 2 gives reps, hold times and the "should feel like" target for each.
- 3**Apply the stop-pain rule**
Stretch and effort are fine; sharp, pinching or radiating pain is a stop. Substitute the regression listed, never push through.
- 4**Tick the 30-day grid**
Consistency beats depth. A shallow routine done daily outperforms a perfect one done twice a week.

CHECK FIRST IF ANY OF THESE APPLY

Recent joint replacement or fracture, an acute injury, inflammatory arthritis in flare, or new numbness, weakness or radiating pain. In those cases the routine is not wrong but the dose and substitutions are different — get them from your physiotherapist or clinician before starting.

THE ROUTINE AT A GLANCE — NECK TO FLOOR

#	DRILL	AREA	DOSE
1	Neck rotations and side-bends	Cervical spine	5 slow reps each way
2	Shoulder circles + open-book	Shoulder, mid-back	10 circles; 5 open-books a side
3	Cat-cow	Whole spine	8 slow cycles with the breath
4	Ankle circles and alphabet	Ankle	10 circles + one alphabet each foot
5	Calf and soleus wall stretch	Ankle, knee	30 s a side, bent and straight knee
6	90/90 hip switches	Hip rotation	6 slow switches
7	Low lunge with rotation	Hip, thoracic	3 a side, 3 s hold
8	Supported deep-squat hold	Ankle, hip, knee	30–60 s holding a doorframe

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THE STOP-PAIN RULE

Discomfort, stretch and effort are expected and fine. Sharp, pinching, clicking-with-pain or radiating sensation is a stop signal: drop to the substitution, and if it persists beyond a week or appears suddenly, book a physiotherapist or clinician. Numbness or weakness is never part of a mobility routine.

THE WORKING SHEET

Doses, substitutions and the 30-day grid

Every drill lists what it should feel like and the regression to use when it does not. The grid at the bottom is the only score that matters for the first month.

Drill	Dose	Should Feel Like	If Painful, Use
Neck rotations and side-bends	5 slow reps each way	Easy glide, no grinding catch	Halve the range; stop at first pinch
Shoulder circles + open-book	10 circles; 5 open-books a side	Warmth through the shoulder girdle	Circles only, smaller and slower
Cat-cow	8 slow cycles with the breath	Segmental wave, not one stiff hinge	Hands on a chair instead of the floor
Ankle circles and alphabet	10 circles + one alphabet each foot	Full, quiet circles	Circles only; skip the alphabet
Calf and soleus wall stretch	30 s a side, bent and straight knee	Pull in the calf, not the Achilles	20 s, gentler lean
90/90 hip switches	6 slow switches	Deep stretch in the front hip	Stay in one position, add a cushion
Low lunge with rotation	3 a side, 3 s hold	Hip flexor and mid-back opening	Hand stays on the thigh, no rotation
Supported deep-squat hold	30–60 s holding a doorframe	Comfortable pressure, easy breath	Higher hold onto a chair, shorter

30-DAY CONSISTENCY GRID

1		2		3		4		5		6	
7		8		9		10		11		12	
13		14		15		16		17		18	
19		20		21		22		23		24	
25		26		27		28		29		30	

Days completed out of 30 Longest streak Drill that improved most Drill that still needs the substitution

WHY THE ORDER IS NECK-TO-FLOOR

Starting at the spine and moving downward lets each drill warm the joints the next one loads, and ends standing-ready in the squat hold — the position the rest of your day will actually use. Keep the sequence fixed; the habit lives in the order as much as the movement.

Ready for the Complete Step-by-Step Blueprint?

This routine gives you the immediate tools to take action today. But long-term health requires a complete, structured daily system — one that tells you **what to do on the days this sheet does not cover**, in what order, and how to adjust when your body does not respond the way the chart says it should.

HEALTH SECRETS

30-Day Walking & Mobility Planner

Thirty days of progressive, low-impact walking built on your own baseline, with post-walk mobility routines for joint health.

Clinical Practice Series · 26 pages · A4 print + fillable

30-Day Walking & Mobility Planner

Build daily walking consistency and joint health without arbitrary 10,000-step mandates.

26 pages

30-Day Progressive Calendar

Clinical Practice Series

\$12 one-time

WHAT IS INSIDE THE FULL EDITION

- 1 A baseline duration assessment** — find your real starting point in five minutes instead of copying a generic plan.
- 1 Post-walk mobility routines** — the companion drills that keep walking comfortable and compounding.
- 1 A 30-day progressive calendar** — walking built on your baseline, progressing at the rate your joints tolerate.
- 1 No 10,000-step mandate** — targets derived from your baseline and the evidence, not an arbitrary number.

THIS FREE TOOL VERSUS THE COMPLETE SYSTEM

What this free routine already gives you

- ☐ Eight joint-by-joint drills in a fixed 10-minute order
- ☐ Dose tables with substitutions for every drill
- ☐ The stop-pain rule and a 30-day consistency grid

What only the 26-page edition has

- ☐ A baseline assessment so progression starts where you are
- ☐ A full 30-day progressive walking calendar
- ☐ Post-walk mobility work that protects the joints you are loading
- ☐ Evidence-based targets without the 10,000-step myth

Get the Complete Guide

AT [HEALTHSECRETS.COM/PRODUCTS/30-DAY-WALKING-AND-MOBILITY-PLANNER](https://healthsecrets.com/products/30-day-walking-and-mobility-planner)

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A4 print + fillable

Tape the routine to the bedroom wall; tick the grid with a pencil.

STEADI-aligned

Built on fall-prevention and range-of-motion evidence. No miracle claims.

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\$12 once, no subscription, instant download after checkout.

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