

3 MOVEMENTS FOR JOINT PAIN RELIEF A FREE GUIDE



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INTRO

You're Not Broken— Your Movement Just Needs to Change

If you're over 50 and struggling with joint pain, stiffness, or waking up feeling older than you are—you're not alone.

And you're not broken.

Your body's just begging for the right kind of movement—restorative, intelligent, and deeply aligned with how you're built. These 3 foundational movements gently unlock the spine and joints, reconnect your brain to your body, and relieve stiffness from the inside out.

They're drawn from powerful systems like Gyrokinesis®, Pilates, Yamuna® Body Rolling, and decades of movement science (Nutritious Movement®).



Movement 1:

Spinal Flexion & Extension with Leg + Arm Integration

Why it works:

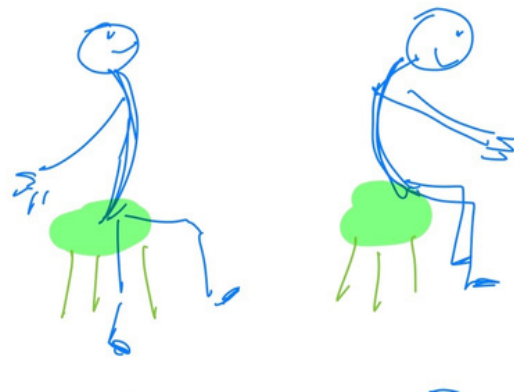
Most people move their spine like it's a 2x4. Flexion and extension restore hydration, circulation, and nerve mobility—essential for pain-free living.

Try this:

- Sit tall at the edge of a chair.
- Inhale: Extend your spine forward and up.
 - Gently open the legs and reach the arms backward and outward (thumbs up).
- Exhale: Flex the spine, curling back slightly.
 - Draw the legs gently in and arms forward in front of your body (thumbs down).
- Flow 6–8 times, smooth and slow.

What it does:

Opens the spine, wakes up the hips and shoulders, and re-coordinates the core.



Movement 2:

Spinal Spiral (Right & Left) with Marching Legs

Why it works:

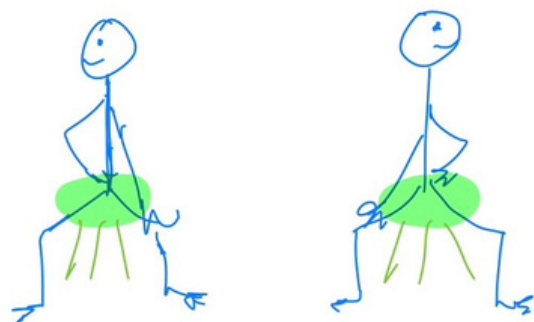
Twisting the spine unlocks stuck ribs, decompresses the mid-back, and improves circulation—all while retraining your balance and alignment.

Try this:

- Sit tall, feet flat, arms relaxed.
- Inhale to lift and lengthen your spine.
- Exhale: Spiral gently to the right from your hips, then ribs, then shoulders, and finally head and eyes. (no yanking).
 - press your left foot down and forward as you twist. Right hand guides pelvis right, left hand stops left knee from caving in!
- Inhale back to center.
- Exhale: Spiral left, pressing right foot down and forward. Left hand guides pelvis left, right hand anchors right knee.
- Repeat 3–5x each side.

What it does:

Reprograms rotational patterns, stabilizes your pelvis, and gently works the core + legs.



Movement 3:

Lateral Flexion (Side Bending) with Coordinated Reach

Why it works:

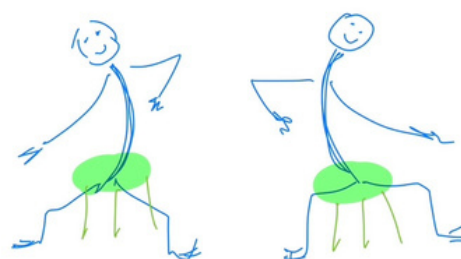
Side bending creates space between ribs, hips, and spine. That's key for joint decompression, lung expansion, and releasing low back tension.

Try this:

- Sit tall, feet wide and planted.
- Inhale: Reach your right arm down and to the right, lifting up through the spine.
- Exhale: Side bend (ribs go left), bring your left arm bent and to the left.
 - As you side bend ribs left, gently press your right foot down and to the side. (arms kind of mimic legs!)
- Inhale back to center, switch sides.
- Flow slowly 3-5x each direction.

What it does:

Rebuilds lateral flexibility, releases spine/hip pressure, and connects arms + legs through the core.



NEXT STEP:

Want a Personalized Movement Plan?

If this felt good... it's just the beginning.

Book a free 15-min Joint Freedom Call and I'll help you:

- Identify your biggest movement blocks
- Build a gentle plan that fits your body and your life
- Show you how to feel 10 years younger—without pain, pills, or punishment

Email me! coredevie@mac.com

You're Not Meant to Shrink With Age.

You're meant to open, move, and thrive—with power and grace.

Let's get you there!

