

The Morning Stiffness Reset™

When your body feels slow, tight or reluctant to move, begin with a few gentle steps.



Before You Get Going

Pause for a moment. Notice where you feel stiff and whether anything feels painful, swollen, numb or unusually weak.

1



Add a Little Warmth

Use a warm shower, warm clothing or a comfortably warm compress if it feels soothing.



Warm, not hot. Avoid heat over new swelling or areas with reduced sensation.

2



Begin with Small Movements

While lying or seated, move your ankles, open and close your hands, roll your shoulders and make a few gentle nods.

3



Change Position Slowly

Sit at the edge of the bed or chair for a moment. Place both feet on the floor before standing.

4



Move from Head to Toe

Try shoulder rolls, gentle reaches, seated marching, heel raises and a short walk around the room.

5



Let the Morning Build Gradually

Begin with lighter tasks. Add more movement as your body feels warmer and steadier.

Try This 3-Minute Reset



Ankle pumps



Open and close hands



Shoulder rolls



Seated marching



5 chair sit-to-stands



Walk around the room



Use support and skip any movement that does not feel comfortable.

May Feel Helpful

- ✓ Warmth
- ✓ Slower transitions
- ✓ Smaller ranges
- ✓ Gentle, repeated movement
- ✓ Support from a chair or counter

Avoid Right Now

- ✗ Forcing a stiff joint
- ✗ Bouncing stretches
- ✗ Lifting heavily before you feel ready
- ✗ Rushing when you feel unsteady
- ✗ Ignoring new or worsening symptoms



Notice the Pattern

- | | | | | |
|---|--|---|--|---|
| ☐ Improves after a few minutes | ☐ Lasts longer than usual | ☐ Appears after certain activities | ☐ Comes with swelling or warmth | ☐ Affects one side more than the other |
|---|--|---|--|---|

What I noticed today: _____



Gentle Reminder

Some mornings need a slower beginning. Gentle movement is still movement.



Martine's Midlife Wellness Tip

Keep supportive slippers, a robe and water within easy reach so your morning starts with less scrambling.



When to Seek Guidance

Seek prompt guidance for sudden weakness, inability to bear weight, a hot swollen joint, severe pain, chest pain, faintness or new numbness.

