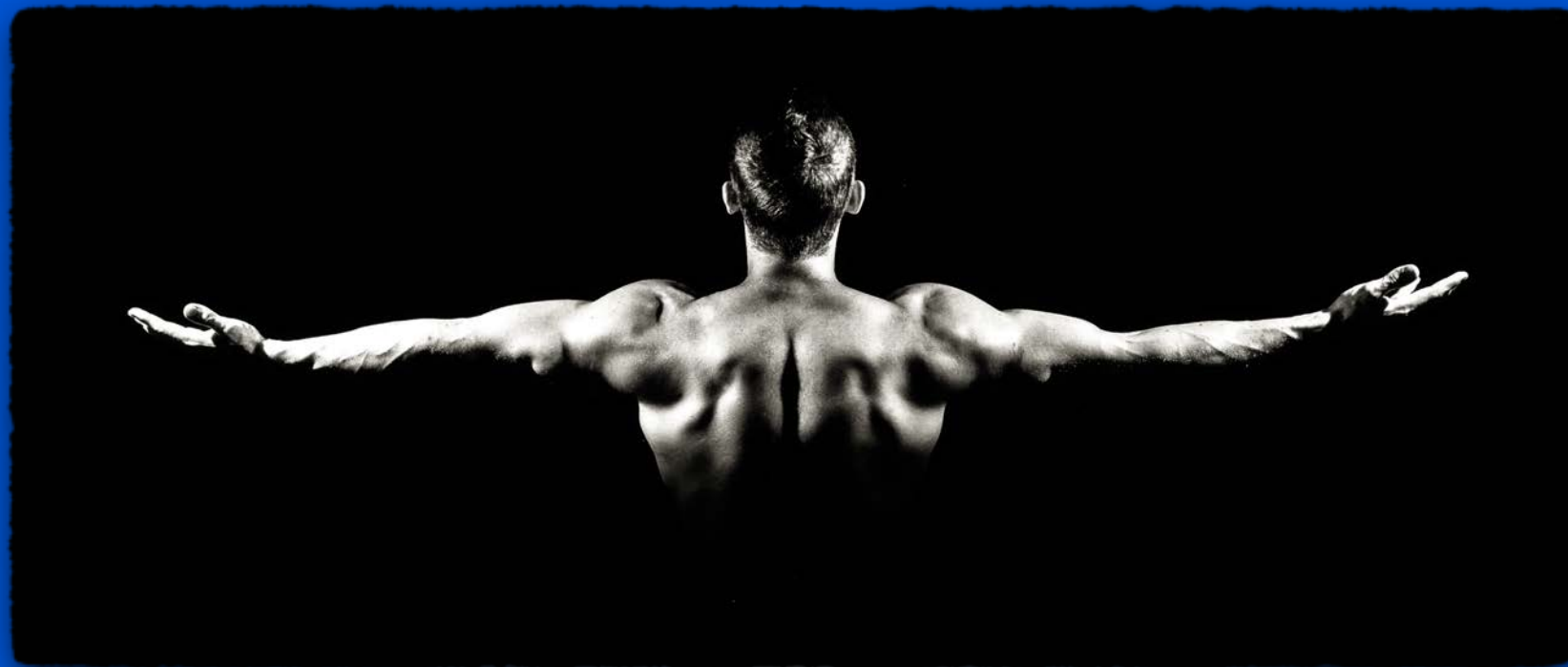


Fix Flexibility

Master Mobility



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Agenda today

Mobility, flexibility & stability

How it all relates A & B

Be keen to screen

Mobility exercises

Flexibility exercises

Key points



Mobility, Flexibility & Stability

Joint Mobility is defined as:

the degree to which an articulation is allowed to move before being restricted by surrounding tissues (ligaments/tendons/muscles etc.)... otherwise known as the range of uninhibited movement around a joint.

Flexibility is defined as: the ability of a joint and surrounding muscles to move through a specific range of motion with ease and without pain

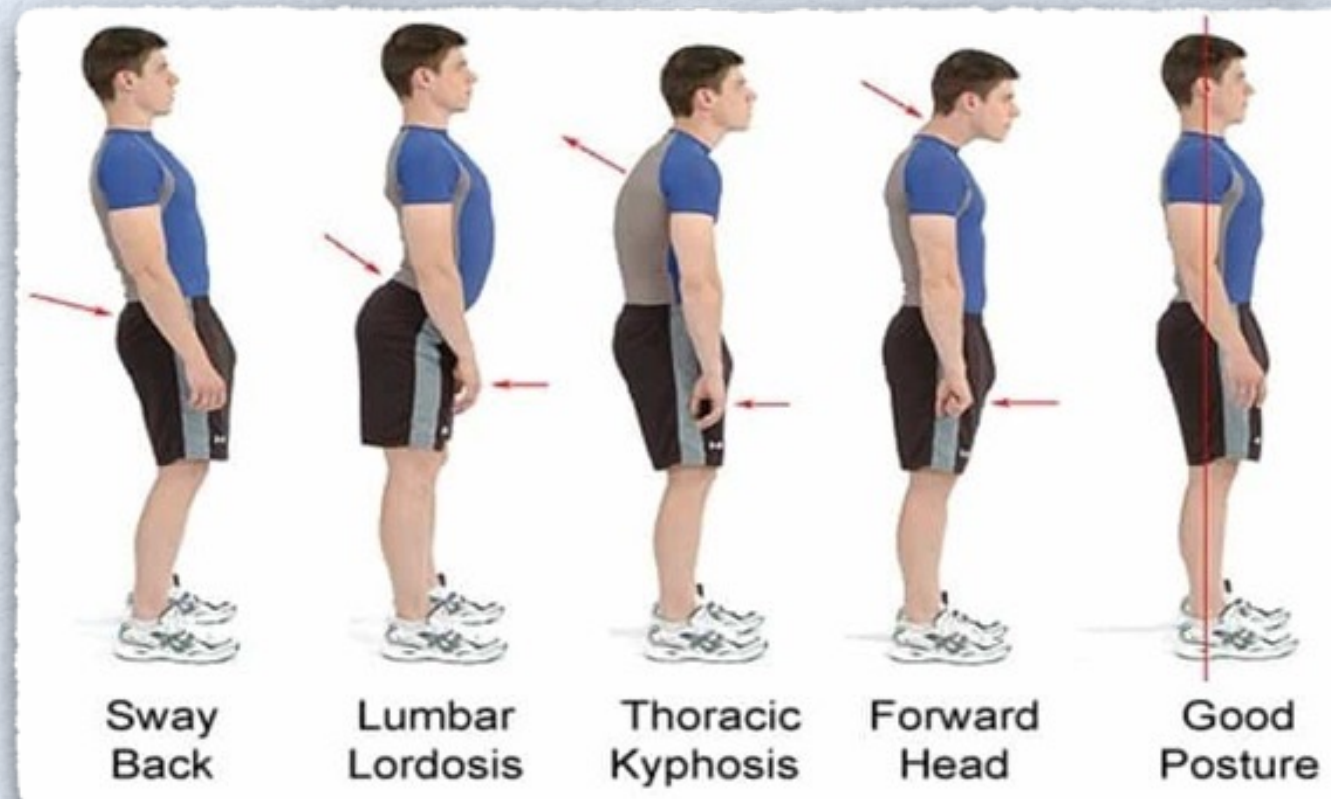
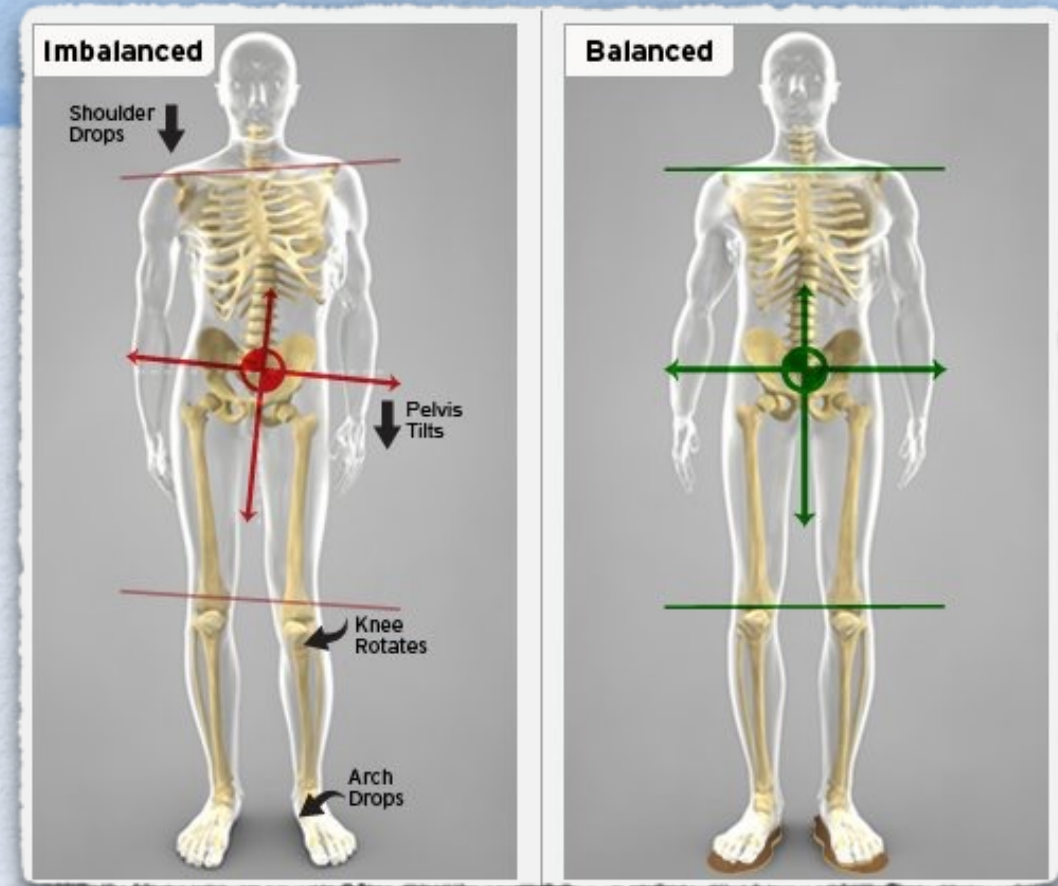
Joint Stability is defined as:

the ability to maintain or control joint movement or position. Stability is achieved by the coordinating actions of surrounding tissues and the neuromuscular system.

How it all relates A

You need to know:

- what should be mobile vs stable
- how to core stabilize
- how to posture correct with flexibility & strength
- main movers



How it all relates B

Lumbar spine needs to be stable.

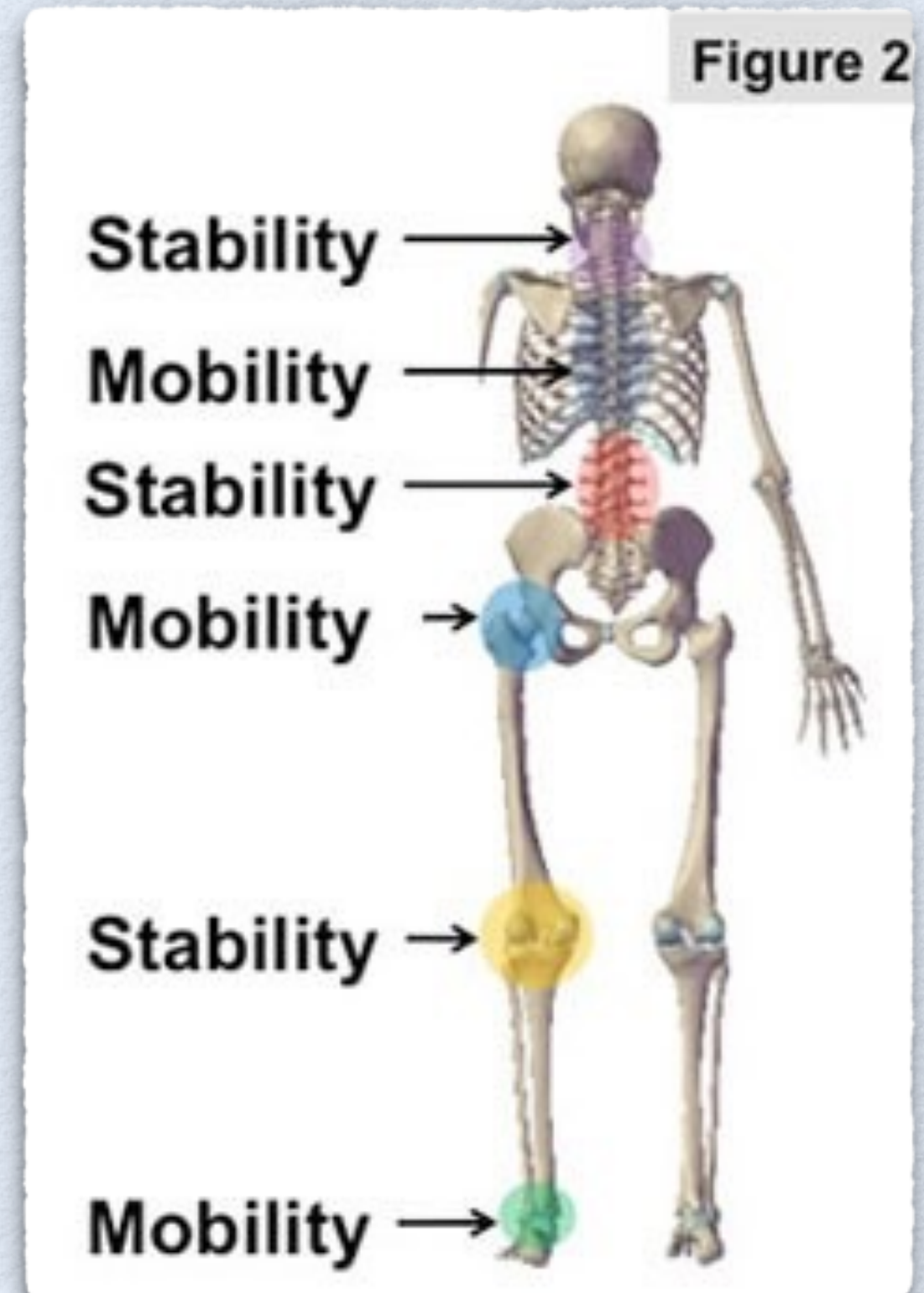
Pelvis needs to be mobile

Thoracic spine needs to be mobile.

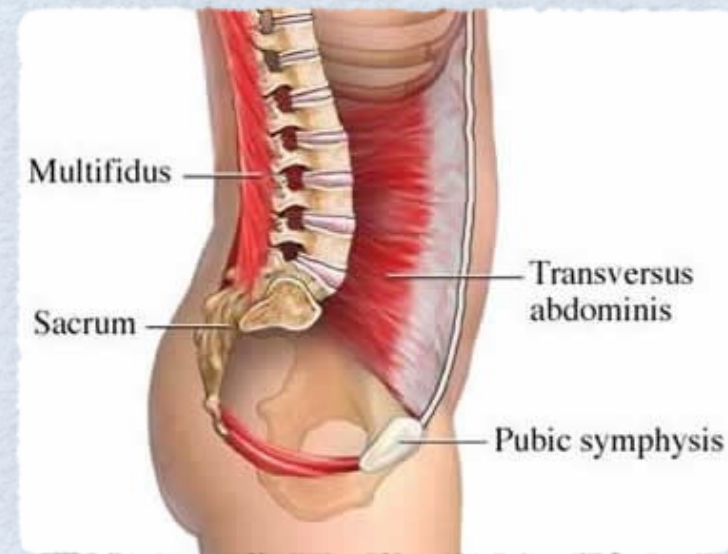
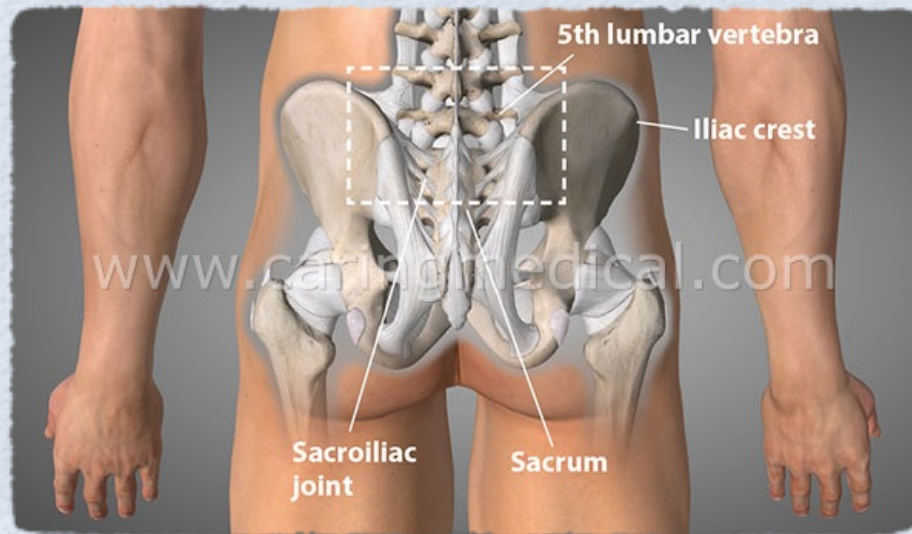
Scapulothoracic joint needs to be
stable

Glenohumeral needs to be mobile

ACE PT Manual



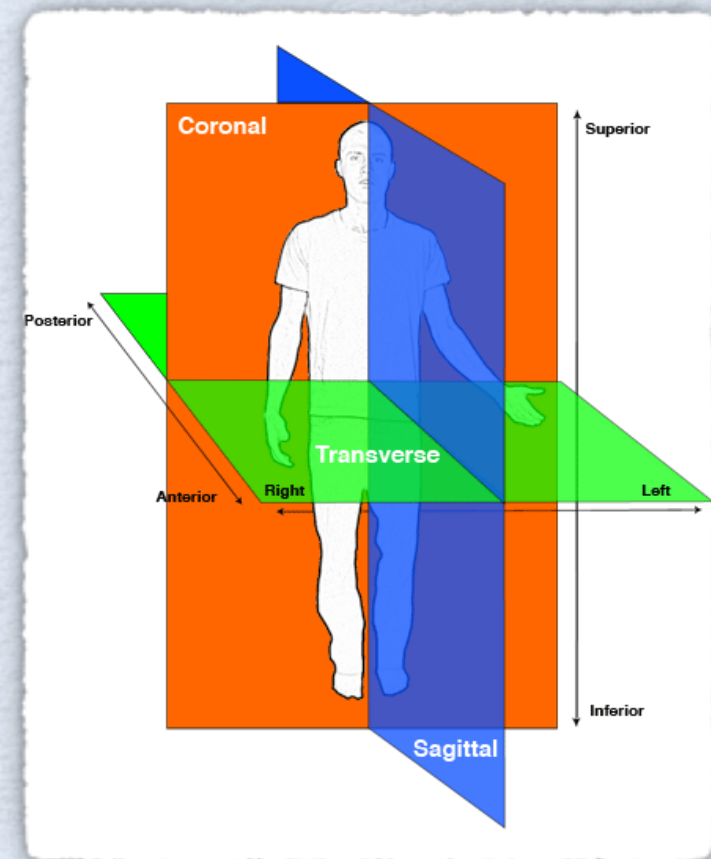
Be keen to screen



STAND
SIT
SQUAT
LUNGE
LIFT
PUSH
PULL

Quick assessments:

'Start line' kneel for ankle
Lunge for quad & pelvic movers
Tape assessment for pelvis
Pushup for scapula
Rotator cuff slide for shoulder



Mobility exercises

Warm = able to move
Get into neutral at all major joints

Joint stabilization power team targets:

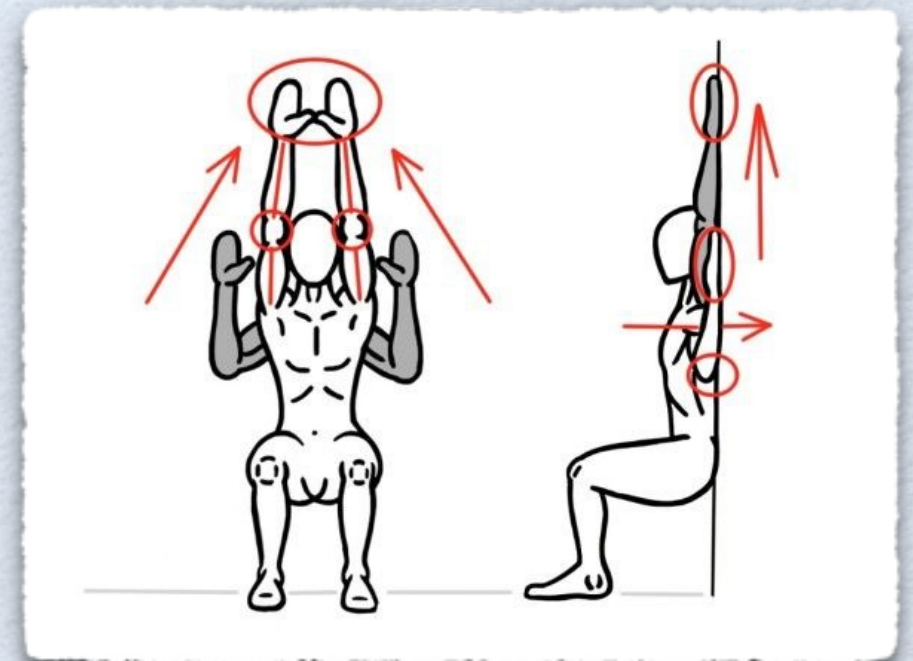
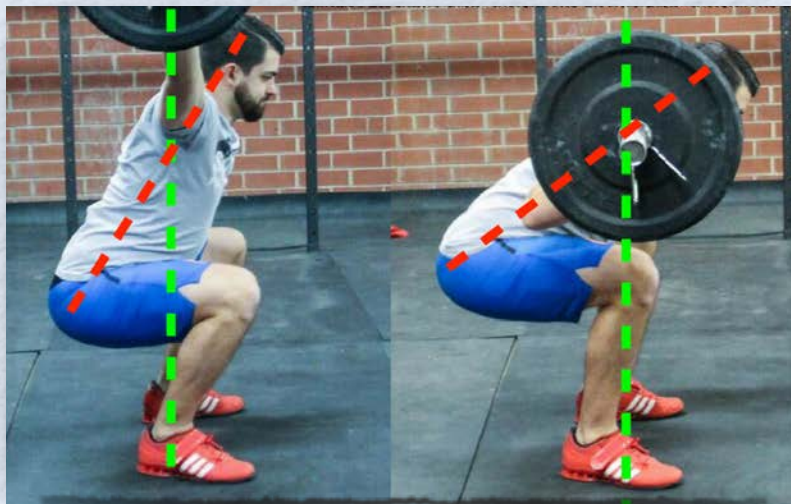
Plantar/Tib Anterior

Core stabilizers

Vas med/Glute med/TVA

Lats/Obliques

Lats/Rhomboids/Rotator cuff



Mobility exercises

Potty squat

Lunge with arm extension, building to kneel
[with/ without support]

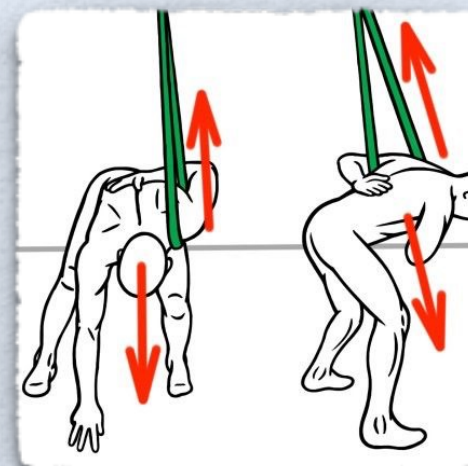
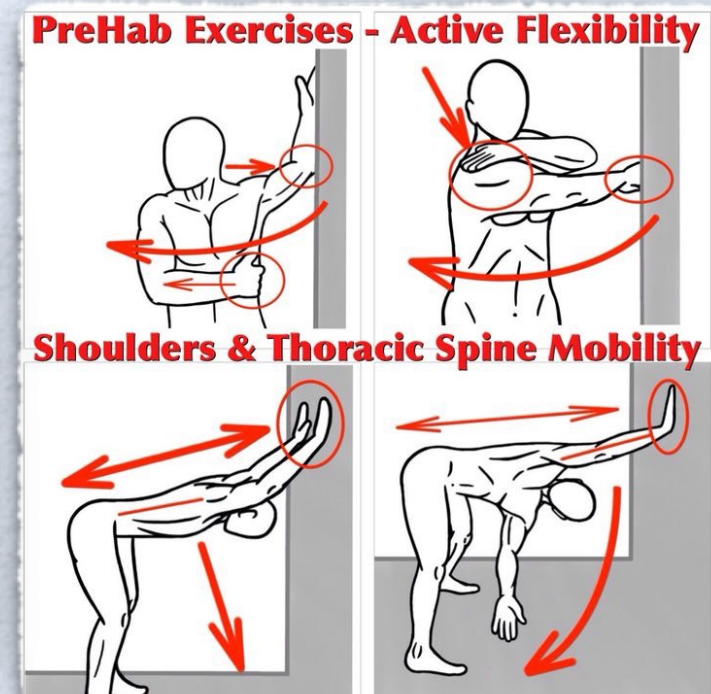
Lateral lunge/ pigeon [with/ without resist]

Breezes

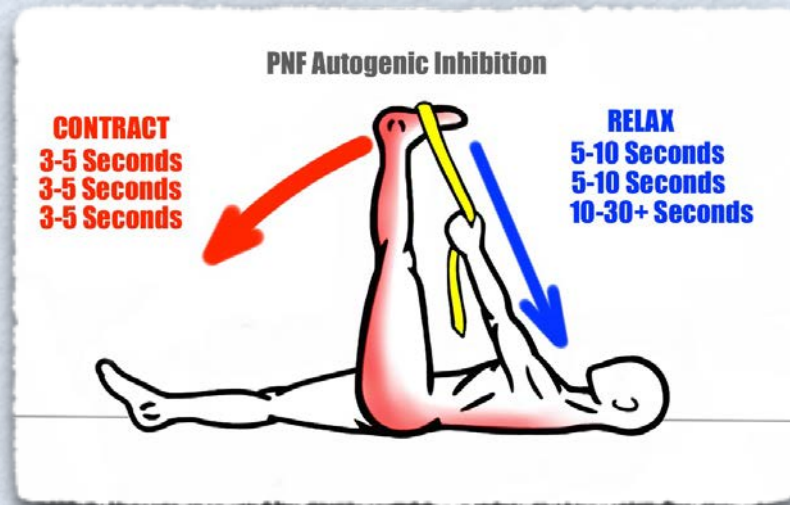
Rotator cuff slide

Kneeling table thread the needle/ open gate

Plank to child's pose & spine rotation
[partial to full ROM]*



Flexibility Exercises



Posterior chain

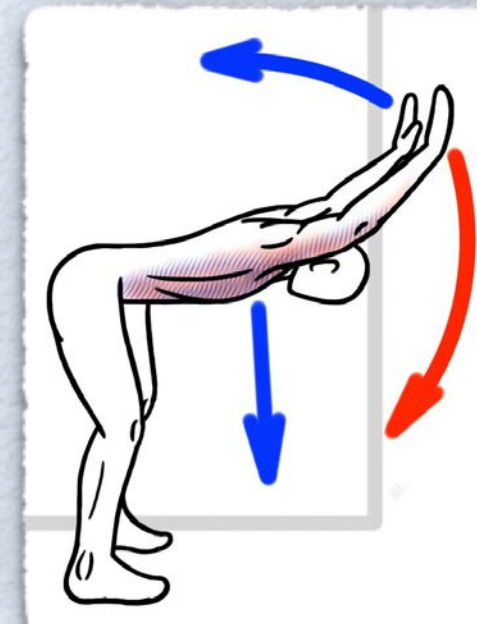
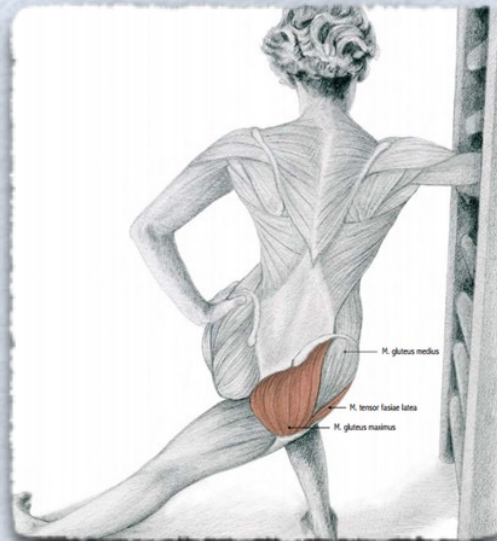
Anterior chain

Lateral chains

Transverse chains

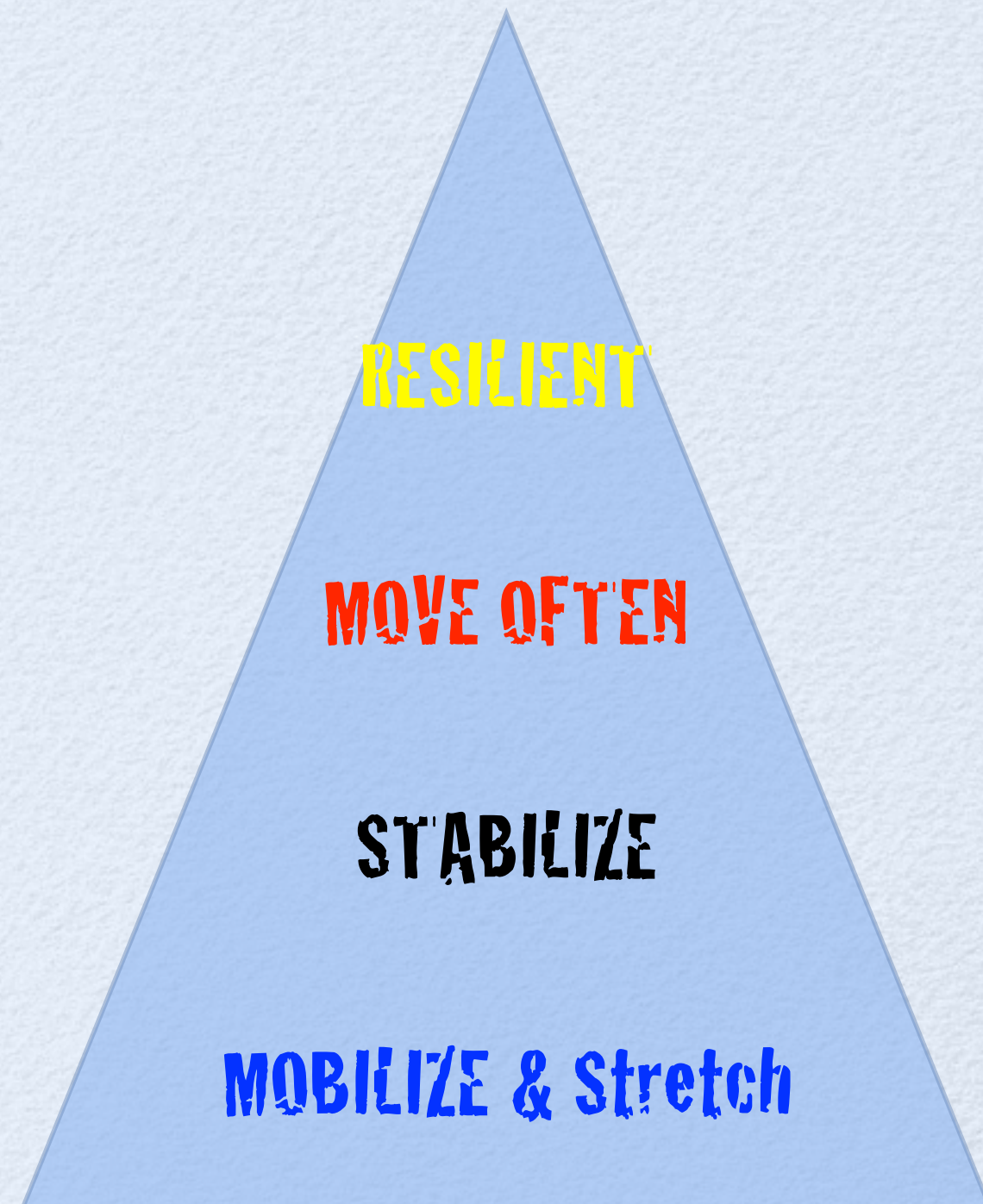
Multiplanar chains

Isolated main movers



Key points

- Mobility first
- Core coordination critical
- All planes of movement
- Unilateral exercises to create symmetry
- Finish with Mobility / Flexibility for neutral posture
- Consider resistance bands & PNF





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