

Mobility

PURPOSE OF MOBILITY

Sufficient mobility is essential in safely moving through various movement patterns. Limited mobility leads to compensations in muscles and joints which eventually lead to injury. Poor posture is also a result from a lack in mobility. Taking as little as 10 minutes to stretch and actively work through different ranges of motions like squatting, reaching, and rotating everyday will help increase mobility.

For example, limited mobility in the ankle due to a tight calf and soleus can cause limitations while performing a squat. Due to poor ankle mobility, the hips and lower back are prone to compensating and becoming injured in order to perform a squat.



TOPICS COVERED

- Static Stretching
- Dynamic Stretching
- Foamrolling



STATIC STRETCHING

Static stretching is holding a position that is slightly uncomfortable but not painful for a period of time. It is recommended to hold a stretch for about 30 seconds, repeating 2-3 times. Static stretching is best for increasing the range of motion in the targeted muscle groups. Performing the same stretches consistently will increase both muscle flexibility and mobility; stretch all areas, don't just focus on one.



FOAM ROLLING

Foam rolling is a self myofascial release technique. Studies have shown that foam rolling improves short term flexibility and joint mobility; if performed on a consistent basis, it can also improve long term flexibility. It is best to foam roll prior to working out to prime the muscles and joints to work through full ranges of motion. Aim to work on a muscle group for at least 30 seconds.

DYNAMIC STRETCHING

Dynamic stretching is a movement going through a full range of motion repeatedly which is the opposite from static stretching. It is recommended to perform a dynamic stretch for 10-12 repetitions. It is perfect to implement dynamic stretches while warming up for a workout because it helps increase range of motion and blood circulation throughout the body.

