

Mobility

Right Now Everyone Should Focus On It

Mobility is always a so called ‘hot topic’ in the fitness industry. Everyone has their own opinion and everyone seems to contradict someone else. Now we are all cramped up in our lovely homes, you are going to start knowing how sardines in a tin must feel. Therefore, it is important that we understand some key points with mobility, and move well.

Two of the most trustworthy fitness experts (Mike Boyle and Gray Cook) have explained in recent years that each joint in the body has specific training needs. Table 1.0 shows the joints alternate between the need of stability and stability. Therefore, while designing a functional workout, you should think about joints that need mobilising are to be done via the warm up. Whereas the joints that need stability should be addressed via strength workouts.

Moving on there is strong evidence that loss of function in a joint affects the joint or joints above. In other words, if the hip can’t move effectively, the lumbar spine will compensate. The process is simple: lose ankle mobility, get knee pain. Lose hip mobility, get low back pain. Lose thoracic mobility, get neck and shoulder pain (or low back pain).

Therefore, underneath Table 1.0 are 8 simple things that anyone can do. Everyone may not be able to do them well, however, everyone can do them. Just think the ones that cannot do them well, probably need them the most. If I was allowed out Isolation, I would happily help you face to face.

Table 1.0

Joint	Need
Glenohumeral joint	Stability
Thoracic spine	Mobility
Lumbar spine	Stability
Hip	Mobility
Knee	Stability
Ankle	Mobility

1 - Thoracic Spine Mobility



2. Ankle Mobility



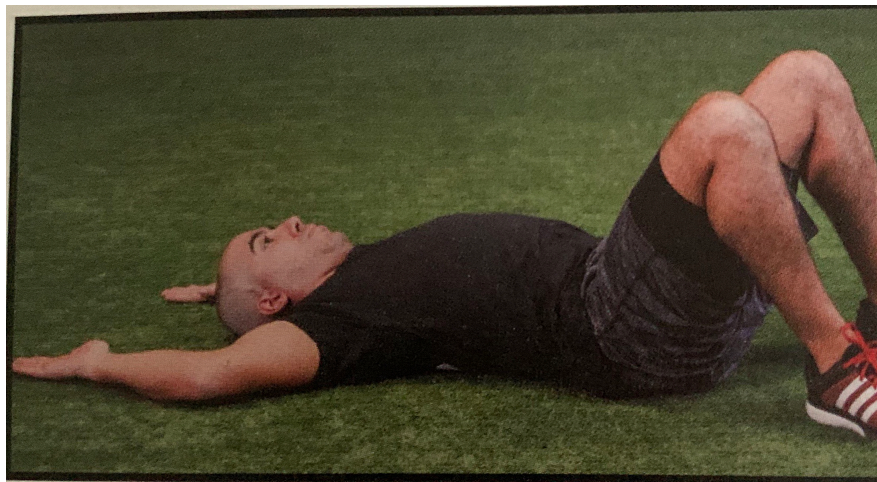
Type to enter a caption.

3. Rotational Squat



Type to enter a caption.

4. Floor Slides



Type to enter a caption.

Big X-Band Walk



Type to enter a caption.