

# the essentials of mobility

**Regular mobility exercises are the best way to prevent further loss of movement, no matter your age or health. Here is 3 things you should do to keep your body moving no matter your age. Always consult with a doctor when trying new exercises.**

## **Joint Mobilization**

involves applying gentle, controlled movements to your joints **to increase their end-range position under tension**. By loosening up stiff joints, you can enjoy better movement and reduced discomfort. Also, the premise behind it is if you can lift heavier loads, in extreme ranges then it will not only improve performance in any sport but will make the **joint invulnerable to damage** because it can be bent in many directions with a great ability to resist tension .

1. Stand tall with your feet shoulder-width apart, maintaining a neutral spine and relaxed shoulders.
2. Lift your left leg slightly off the ground, bending your knee to a comfortable position.
3. Begin making circular motions with your knee, rotating it clockwise for a few repetitions.
4. After a few clockwise circles, switch to counter-clockwise circles with the same leg.

Repeat the motion for 10-15 circles in each direction, then switch to the right leg.

## **Lower Body Mobility Exercises and Stretches**

Strong and mobile lower body muscles are essential for activities like walking, running, and squatting. Exercises like the couch stretch can greatly improve hip flexibility and overall lower body mobility.

Here is how you perform the couch stretch:

1. Position yourself facing a sturdy couch or wall, with your hands on the surface for support.
2. Step with your right leg back and place your left knee on the couch or wall, forming a 90-degree angle with your front leg.
3. Keep your chest upright and gently push your hips forward, feeling a stretch in the front of your hip and thigh.
4. Hold the stretch for 20-30 seconds, breathing deeply and relaxing into the position.

Switch to the left leg and repeat the stretch for balanced mobility in both hips.

## **Upper Body Mobility Exercises and Stretches**

The upper body plays a vital role in everyday movements, from reaching for object to performing exercises at the gym. Exercises like shoulder dislocations to help you maintain fluid and pain-free movement in your arms and shoulders.

Here is how you perform shoulder dislocations:

1. Stand with your feet shoulder-width apart and hold a resistance band or a broomstick with an overhand grip, hands wider than shoulder-width apart.
2. Begin with the band or stick in front of your thighs, and slowly raise it overhead, keeping your arm straight.
3. Continue the movement until the band or stick is behind your back, reaching toward your glutes.
4. Reverse the motion, bringing the band or stick back to the starting position in front of your thighs.

Perform 8-10 repetitions controlled, feeling the stretch and mobility in your shoulders and chest.