“Joint Fitness and Functionality”

THE IMPORTANCE OF MOBILITY AND STABILITY IN BEING FIT FOR LIFE

DOUG HERSHBERGER, CSCS,
GRADUATE ASSISTANT
UK HEALTH AND WELLNESS
The Problem

- Pain
- Injury
- Unfit for events of life:
  - Normal activities
  - Physical demands of home...work...play
  - Spontaneous tasks
The Cause

- Immobilities
- Instabilities
- Practices:
  - Former and Current
  - Excessive physical stress/overuse
  - Improper posture
  - Asymmetrical activities
- Injuries:
  - Former and Current
  - #1 predictor of future injury: previous injury
The Cure

- No action/Sedentary
- Surgery
- Medication
- Professional Therapy
- Self Therapy/"Tough-It-Out"

Prevention:
- Mobility
- Stability
What about flexibility?

- Ambiguous
  - Ability of a joint to pass through a range of motion
  - Resiliency of tissues/“limberness”
- Only contributes to fitness when optimal
- Flexibility vs. *Efficiency*
- Functionality
Mobility

- The ability to produce a desired movement (Hartman)
  - With control
  - Without pain or impingement
  - Either under natural (gravity and bodyweight) or with added external forces
Stability

- The ability to resist an undesired movement (Hartman)
  - Uncompromised despite external forces
  - Joint maintains its integrity in multiple positions
  - Requires both strength and good neuromuscular control
  - Is a result of healthy tissues surrounding it
Optimal Joint Mobility and Stability

- **Joint-By-Joint:**
  - To move or not to move...

- Built for controlled movements and anti-movements

- General guide, NOT absolute
Helpful Tools in the Body Shop

- Foam Roller
- Physio Ball
- BOSU Ball
- Resistance Bands
- YOU!!
Joint-by-Joint

- **Before: “Prehab”/Movement Prep (<10 min.)**
  - Activate/Mobilize
  - Foam Roll/Loosen
  - Optimize movement
- **During:**
  - Exercise
- **After: (<10 min.)**
  - Stretch
  - “Release”
  - Isolate
- **Remember:** Your exercise session is performance; centralize it! Build everything around it!
Core/Low Back

- Stable!
- Prehab:
  - Bridge/Birdog
  - Mind: Muscle
- Exercise:
  - Farmer’s Walk
  - Pallof Press
  - Movement vs. Antimovement
- After:
  - Cat/Camel
Hips

- Mobile
- Prehab:
  - Foam Roll/ Hip Bridge
- Exercise:
  - Squats!
- After:
  - Pigeon Stretch
Knee

- **Stable**
- **Prehab:**
  - Single Leg Deadlift
- **Exercise:**
  - Abduction
  - Watch knee position
- **After:**
  - Foam Roll
Ankle/Foot

- Mobile/Stable
- Prehab:
  - Foam Roll
  - ABCs
- Exercise:
  - Support well!
  - Monitor foot position
- After:
  - Calf Stretch
Upper Back

- Mobile
- Prehab:
  - Foam Roll
- Exercise:
  - Kettlebell/Dumbbell Swings
- After:
  - Lying half windmill
Shoulder Girdle

- **Shoulder Blade:** *Stable*
- **Shoulder Socket:** *Mobile*

**Prehab:**
- Rotator Cuff Activation
- Band Pulls

**Exercise:**
- Pushups, Pullups, Rows
- Control shoulder blade

**After:**
- Wall Slide
Elbow/Wrist/Hand

- **Elbow:** *Stable*, **Wrist:** *Mobile*, **Hand:** *Stable*
- **Prehab:**
  - Resistance band curls
- **Exercise:**
  - Pushups on fist
- **After:**
  - Kneeling bent wrist stretch
Famous Last Words

- “Informed Freestyling”
- Good pain vs. Bad pain
- Movement vs. Musculature
- Yoga, Tai Chi, etc.
- Get out and play!
Questions?