

MASTERING MOBILITY

Did you know that 65 million Americans suffer from lower back pain? Your ability to move easily and pain free for the rest of your life is what you deserve. Improve your quality of life today, free yourself of restrictions and setup your personal mobility maintenance plan.

INJURY AND FUNCTIONAL DEPENDENCE CYCLE

LIFESTYLE ERRORS
Sitting, Sleeping, Posture, Overbuilt Shoes, Dehydration, Duck Walking
LACK OF PERSONAL MAINTENANCE
Stiff and Unhealthy Tissues, Range of Motion Restrictions, Hotspots
MOVEMENT PROBLEMS
Unable to sit and stand properly, Pick something up or neutralize pelvis
BODY ASYMMETRY AND COMPENSATION
Imbalance right versus left side of the body Incorrect joints and muscles put to work
PAIN AND INJURY
Short Term: plantar fasciitis, knee pain Long Term: hip and Knee replacements
FUNCTIONAL DEPENDENCE AND FALLS
Falls are the leading cause of death from injury among people 65 and older

THE IMPORTANCE OF BREATHING

Everyday your brain signals your body to take roughly 20,000 to 30,000 breaths automatically. It requires no focus, yet can be controlled by adopting a consistent breathing practice. Learning to control your autonomic nervous system is a must in the world you live in today.

THE TWO STATES

- Sympathetic
 - “Flight or Fight” triggers the release of cortisol
 - Examples: text message alert from your cell phone, conflict in a relationship
- Parasympathetic
 - “Relax and Unwind” controls the release of cortisol
 - Examples: peacefully reading a book, taking a soothing bath or cold soak

YOUR MOBILITY TOOL BOX

TYPE	WHAT	WHEN	HOW
Soft Tissue	Sliding surfaces	Post Training Evening	Yoga Balls, Foam Rollers, Stick
Band Distractions	Joint mechanics Muscle dynamics	Before Training	Monster Bands
Contract Relax	Muscle contraction	Post Training	Yoga Strap Self Assisted
Voodoo Floss	Sliding surfaces Muscle dynamics Joint mechanics	All the Time Swollen Joints	Voodoo Bands

DESKBOUND PLAN

TECHNIQUE	EQUIPMENT	DOSE
Roll Thoracic Spine	Foam Roller	3:00 Total
Coach Stretch	None	2:00 each side
Trap and First Rib	Yoga Tune Up Ball	2:00 each side

LOWER BACK PLAN

TECHNIQUE	EQUIPMENT	DOSE
Low Back Smash	Yoga Tune Up Ball	2:00 each side
Coach Stretch	None	2:00 each side
Classic Hamstring Stretch	Yoga Strap or Band 1"	4-8x Contract/ Relax

KNEE PLAN

TECHNIQUE	EQUIPMENT	DOSE
Roll Knee 360	Yoga Tune Up Ball	2:00 each side
Gap and Smash	Yoga Tune Up Ball	2:00 each side
Roll Quad and Calf	Roller	2:00 each side

TRIAGING MY PERSONAL MOBILITY PLAN

- Select ONE technique to solve highest priority mobility screen issue
- Select ONE technique to solve your biggest lifestyle error (change behavior)
- Select ONE technique to solve current hot spot or pain

ANSWER

Be Specific . . .

- What time of day will I complete my mobility plan? Breath work?
- Where will I complete my mobility plan? Breath work?