

Mobility for Functionality

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Who Am I?

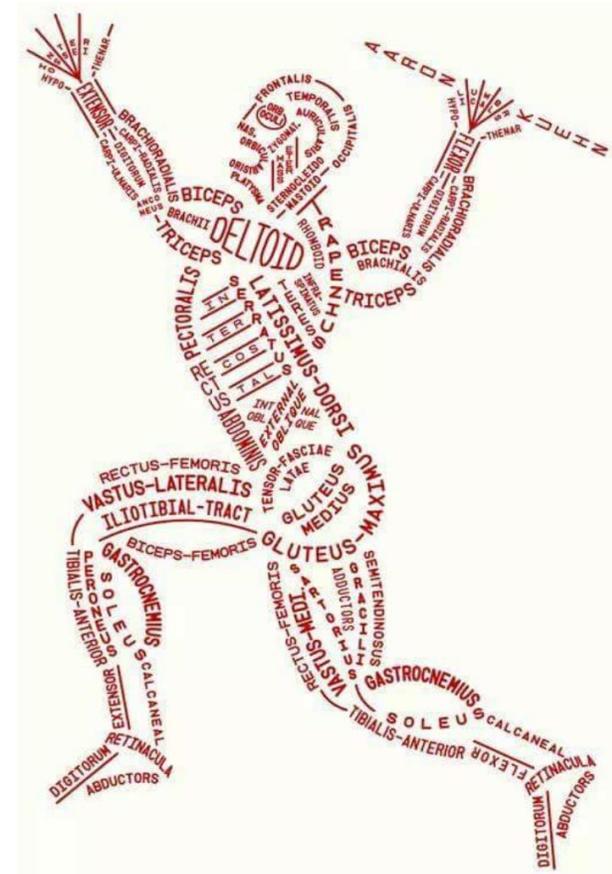
- ❖ A Sports Therapy Graduate.
- ❖ First team Sports Therapist at Blackpool FC.
- ❖ I currently work in Private Practice for a North West based company Pro-Fit on a Self-Employed basis.
- ❖ Lead Sports Therapist for match days at Fleetwood Academy.
- ❖ Female Coaching Network Sports Therapist.

Aimée Knight



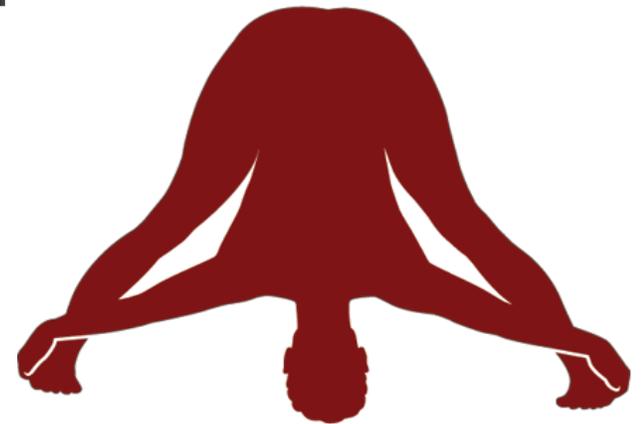
Areas of Specialism:

- ❖ Musculoskeletal Specialist
- ❖ Injury Rehabilitation
- ❖ Sports Massage
- ❖ Postural Correction
- ❖ Gait Analysis
- ❖ Injury Prevention
- ❖ Mobility Programmes



Mobility

- ❖ Unlike the definition of flexibility which primarily refers to statically stretching a muscle at its end range, mobility deals with joints, muscles, fascia and other connective tissues.
- ❖ Mobility addresses how the structures co-ordinate and r other through range of motion (RoM).



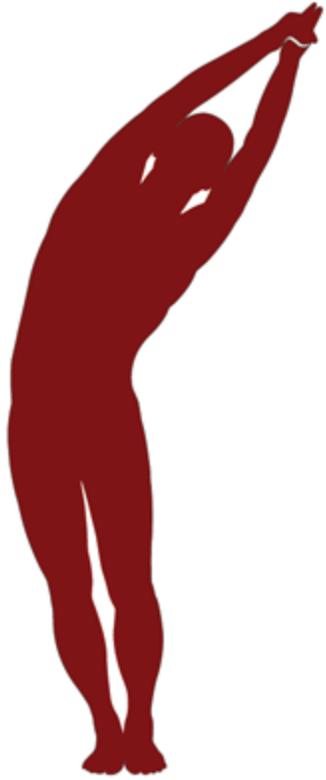
Importance of Mobility

- ❖ Foundational to any movement
- ❖ Neglecting increases how susceptible an athlete is to injury
- ❖ Enhances quality of movement
- ❖ Avoid imbalances and dysfunction

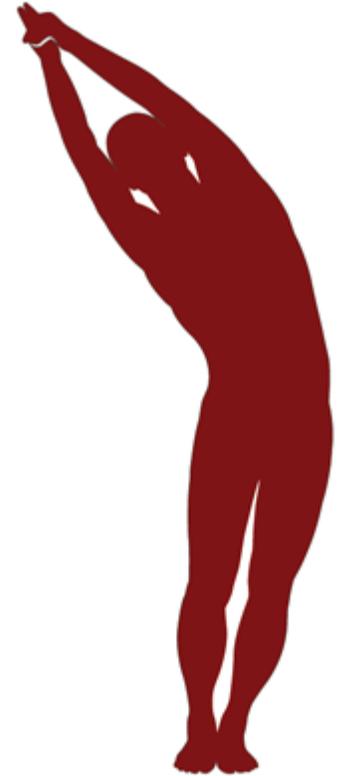
Do I need to improve my mobility?

YES

How Do We Improve Mobility?

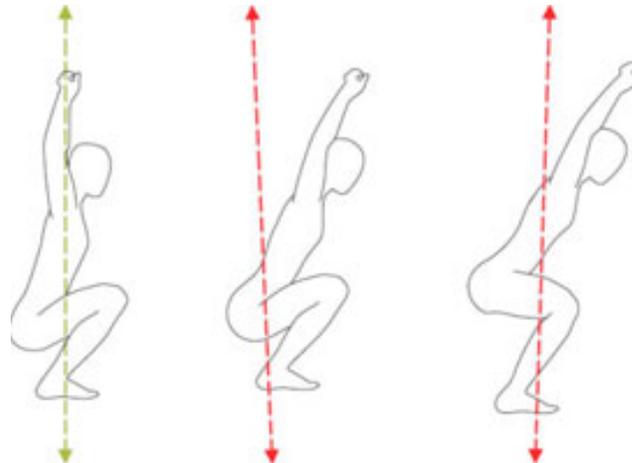


Assessment
Evaluation
Plan
ACTION!!



Overhead Squat

- ❖ Gives an idea of overall mobility at different levels
- ❖ Don't need any equipment so it is easy to perform with all clients or athletes
- ❖ Can use to specify the areas that need more consideration and use following assessment tools to confirm



Shoulder Mobility

Wall Angel

- ❖ Heels, bottom, head should be in contact with the wall.
- ❖ Elbows and dorsal aspect of hand also against the wall.
- ❖ Elevate arms to above the head whilst maintaining contact if possible.
- ❖ **ARCHING THE BACK IS CHEATING!**



Thoracic Mobility

- ❖ Lying on Back
- ❖ Knee over to the opposite side
- ❖ Shoulders on top of each other
- ❖ Arm closest to ground out straight
- ❖ Top arm with hand on head
- ❖ Rotate open with the top arm
- ❖ Should be able to get at least half way to the ground if the athlete has a good level of mobility



Hip Mobility

Hip Flexors

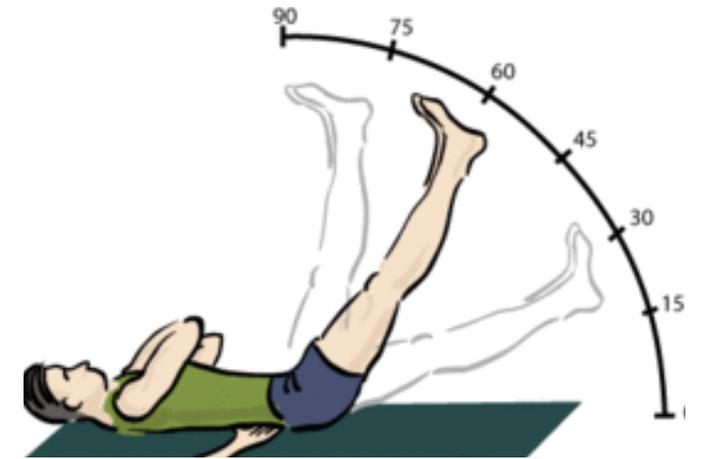
- ❖ Use a chair or bench at knee height
- ❖ Rotate to stand face away from the chair
- ❖ Place one leg back to rest on the chair (ensure ankle can move freely so do not have the shin resting on chair)
- ❖ Front foot should be a few feet away (comfortable not stretched)
- ❖ Feet facing forward
- ❖ Bend at the front knee and drop the back knee straight down



Hip Mobility

Hamstrings

- ❖ Begin in supine lying with legs out straight
- ❖ Raise one leg at a time
- ❖ Keep the other leg straight (if the leg on the ground raises this is not a true measure)
- ❖ Keep the back in a neutral position
- ❖ Take a picture to record the measure



Ankle Mobility

Knee to wall test

- ❖ Begin by standing facing the wall, resting your hands at about shoulder height for stability
- ❖ Bring one leg in front of the other and rest the front knee against the wall (this is the leg being tested)
- ❖ Maintaining contact from the knee with the wall move the front foot as far away from the wall as possible
- ❖ The whole foot must remain on the floor, lifting at the heel is not a true result
- ❖ Do not allow the non test leg to interfere with the result
- ❖ Measure the distance from the wall to the big toe



So What Now...



Approaches to mobility

General Mobility:

- ❖ Basic Mobility
- ❖ Covers the whole body
- ❖ Prepare for bigger movements and exercise

ALL ATHLETES

Specific Mobility:

- ❖ Based on assessment findings and results from testing
- ❖ Direct change to a movement
- ❖ Address joints and tissues

**ATHLETES WITH RESTRICTION/
DYSFUNCTION**

Aim is to increase range of motion for the athlete

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Female Coaching Network Page- <https://femalecoachingnetwork.com/fcn-coaches/fcn-sports-therapist/>