

# Owning Your Mobility

Chances are you either know someone, or you are someone who has had a mobility problem they can't seem to get fixed. You've tried rolling, smashing, and stretching only to find temporary relief just to have it all come crashing back down again. If this is true you may want to start looking somewhere else for the solution. So often we get caught up in this idea that if something is hurt or stiff then that is their area we need to work on. My shoulders are tight, I should loosen them. My upper back is tight so I need to roll it out. This makes sense but fails to answer one very important question. What caused the problem in the first place? Joint by Joint is a more holistic approach to figure out the cause, and the solutions to a problem.

First a quick summary of what were talking about.

1. The foot has a tendency to lean toward sloppiness and therefore could benefit from greater stability.
2. The ankle has a tendency to lean towards stiffness and therefore could benefit from greater amounts of mobility and flexibility.
3. The knee has a tendency to lean towards sloppiness and could benefit from greater amounts of stability and motor control.
4. The hip has a tendency to lean towards stiffness and could benefit from greater amounts of flexibility and mobility.
5. The lumbar spine has a tendency towards sloppiness and could benefit from greater amounts of stability and motor control.
6. The thoracic region has a tendency towards stiffness and could benefit from greater amounts of mobility and flexibility.
7. The middle and lower cervical region has a tendency towards sloppiness and could benefit from greater amounts of stability and motor control.
8. The upper cervical spine has a tendency towards stiffness and could benefit from greater amounts of Mobility and flexibility.
9. The Shoulder scapular region has a tendency towards sloppiness and could benefit from greater amounts of stability and motor control.
10. The shoulder joint has a tendency towards stiffness and could benefit from greater amounts of mobility and flexibility.

Notice how stiffness and sloppiness tend to alternate. This phenomenon is known as layer of opposites and its present and observable in common movement patterns.

So what does this mean? Simple, you can't expect to fix one problem until you know the joints above and below are clear. For example, if a person has a weak lumbar region they can expect to have issues in the hips and or the thoracic region of their spine. Why? Because if the lumbar is weak then something has to stiffen to make a person stable again.

Next time you have a problem with an area of the body check to see if the joints above and below are working properly. Each month for the next few months we will be breaking the joints down one by one and talking about corrective strategies that can greatly improve the problem.