Mobility Vs Stretching

The program emphasises movement and mobility over static stretching and long hold practices. There are pros and cons to both.

Within the program there is an option for adding in a prolonged hold at certain times, i.e., evening nervous system down-regulation, assessing muscle length and differences in Left to Right muscle groups or movement. This is discussed within 'Timing and the Nervous System' (see below) and 'Breath' (see next section) to enable an approach that targets a method with more focus to best fit your intention and activity levels.

How to Perform Mobility

Mobility involves movement. The movement can be through an entire range of movement or into part of that movement. Most commonly the movement is a mix of moving into and out of a stretch position with control and then working with 'pulses' or small amplitude movements into the 'stretch zone'.

Movement *is the* ***Key Factor***. The movement is slow and controlled and not erratic or uncontrolled. The muscles and joints involved are being constantly monitored by the individual for feeling, stretch and avoidance of pain. Pushing too far and too quickly could result in injury. For a video example of a mobility drill vs static stretching please see;
www.podiumphysio.co.uk/hipmobilitytraining

- **Mobility typically involves controlled movements in the 12-30 repetition range for 1 set of the mobility exercise.**
- **Please ensure that you understand the difference between a static hold and a mobility movement before beginning this program. The video link above will aid in this understanding.**

Periodisation and Adaptation

This program has been written with a 3+1 week periodisation block in mind to allow appropriate adaptation and recovery. This means and utilises;

- 3 Weeks of Building Exercise and Volume
- 1 Week of Reduced Exercise and Volume

Mobility work should not be as demanding as resistance-based loading. However, excess amounts or at too high an intensity could lead to tissue lag – where the adaptation of the tissues cannot mirror the demand placed on them. This can potentially lead to injury or a body response of 'stiffening' to protect against potential injury. This is counterproductive to the intention.

Frequency

Weekly amounts of mobility need to fit into your schedule alongside the ability to perform the mobility exercises with accuracy. Avoid rushing. If the volumes suggested are too high, simply

scale all weeks appropriately and in proportion to a manageable level. Performing less volume well is preferential to performing more volume poorly.

Timing and the Nervous System

Mobility can be performed at any time of the day. The type of mobility performed for the desired Nervous System State should be factored in.

The nervous system comprises the CNS – Central Nervous System and the PNS – Peripheral Nervous System. The reader is encouraged to read around these concepts further for increased understanding.

Levels of activity, arousal and recovery are associated with affecting the CNS. Depending on your desired state, e.g., pre-workout or relaxing before sleep (as contrasting desired states), the type of mobility you perform will be different.

As a broad example;

- Pre-workout or strenuous exercise - the nervous system needs to upregulate, not downregulated
- Pre-sleep or during relaxation - the nervous system needs to be downregulated, not upregulated
- Performing long hold CNS downregulating holds when muscle work of moderate to strenuous nature needs to be performed later that day can affect muscle ability and force output negatively

Time of Day	Nervous System Goal	Mobility Type
Pre-Exercise (Strenuous or Other)	Stable/Excitatory	✓ Movement, Pulses (15-20 sec of work per set) ✗ Static Holds
Post Exercise – Strenuous Activity Due between 4 - 8 hours	Stable	✓ Movement (10-15 sec per set) + Short Holds (5-8 sec) ✗ Static Holds > 8 sec
Post Exercise – Nil Strenuous Activity for 8 hours	Inhibitory	✓ Movement (slow 5-15 sec and guided into static hold) ✓ Static Holds Moderate Duration (10-30 sec)
Evening/Pre-Sleep	Inhibitory CNS Relaxant	✓ Movement (slow, minimal) ✓ Static Holds Long Duration (20-60 sec)

Breath

Breath is an important factor in Nervous System Tone and in the Muscle Relaxation and Excitation Response. Hip Mobility can be performed at any part of the day. Choosing hold, movement and breath strategies can gear your mobility optimally for any activity or downtime/relaxation you are planning.
Depending on your goal the following breath strategies are suggested to be included;

Time of Day	Breath Goal	Inhalation to Exhalation (Second / Count)
Pre-Exercise (Strenuous or Other)	Stable/Excitatory	3:3 / 4:2
Post Exercise – Strenuous Activity Due > 4 Hours Away	Stable	4:4
Post Exercise – Nil Strenuous Activity < 8 Hours	Inhibitory	4:6
Evening/Pre-Sleep	Inhibitory CNS Relaxant	4:8