



The Chilmark Longevity Series #2

## Priming the Body for Movement:

Basics of a mobility practice

the long game  
Jim Lobley, MA, CPT

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### The Chilmark Series on Longevity



#1: Longevity: A Start-up Guide



#2: Mobility: Priming the Body for Movement



#3: How to Train Your Balance



#4: Smart Body - Healthy Brain: Movement for brain health



#5: Eating for Longevity



#6: Cracking the Stress/Sleep Code

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## My background and training...

- MA in Dance/Movement Therapy, NYU
- Certified Personal Trainer, National Academy of Sports Medicine (NASM)
- Certified Brain Health Trainer, Functional Aging Institute
- Corrective Exercise Specialist (NASM)
- Athletic Performance Training Specialist (NASM)
- Sleep, Stress, and Recovery Coach (in process)
- Precision Nutrition, Level 1
- High School Science Teacher (Physics and Chemistry)

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## What I do...

- Teach movement classes
- 1:1 training
- Lectures
- Direct a live, online learning and training center for longevity



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## Where we're headed today...

- What do we mean by "mobility?"
- What limits or interferes with our mobility?
- How does the body change over time?
  - How do muscles change?
  - What is fascia, and how does it change?
- What are postural patterns and how do they impact mobility?
- How do we use movement to increase mobility?
  - Focus on shoulders
  - Focus on hips
- What does a mobility practice look like?




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## What do we mean by "mobility?"

"Mobility" is a kind of wonky term that refers to something quite beautiful: the harmonious convergence of all the elements that allow you to move freely and effortlessly through space and life. Everything is in synch – your joints, muscles, tendons, ligaments, fascia, nerves, brain, and the vasculature that runs through the body."

- Kelly & Juliet Starrett



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Injury

Acute physical conditions

Chronic physical conditions

**What hampers or limits mobility?**

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Also...

Lack of Use

Posture

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The neuro-motor link

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How does the body change over time?

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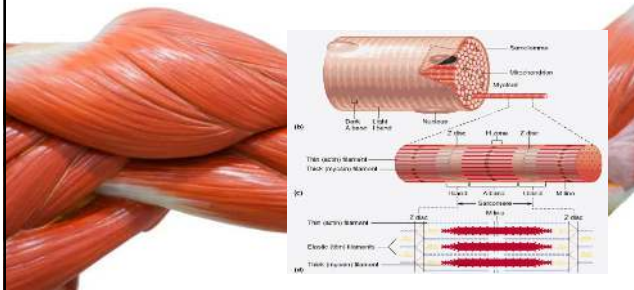
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Bad posture (examples of)

The body adapts to the strains we place on it

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### How does muscle/soft tissue change?



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### Over time, muscles can...



- Stretch out
- Shorten
- Become permanently contracted
- Become tender and sore (inflamed)
- Lose their tone, leading to...
- Postural patterns

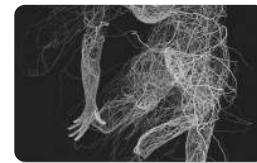
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### What is a "postural pattern?"

- A habitual position of a body part or parts characterized by an **imbalance** in the muscles and soft tissue surrounding and supporting that part(s).
- This leads to functional asymmetries that inhibit freedom of movement, and put us at risk of pain and injury.



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### So, what is fascia, and how does it change?

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It is composed of a viscous fluid (hyaluronic acid) suspended in a web of collagen fibers.



The fluid/fiber balance depends on the tissue's position and function in the body.

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### Interlacing of fascia and muscle fiber

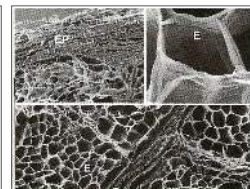
**Muscle:** muscles consist of thousands of fibrous structures.

**Epi-mysium:** the outermost fascial sheath of muscle maintains the muscle shape.

**Fiber bundles:** thousands of fibers form dense bundles.

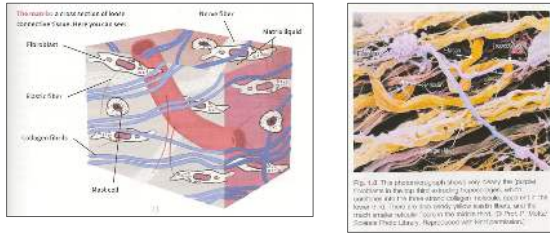
**Peri-mysium:** the fiber bundles are each wrapped in connective tissue.

**Endo-mysium:** thin connective tissue layer around individual muscle fibers.



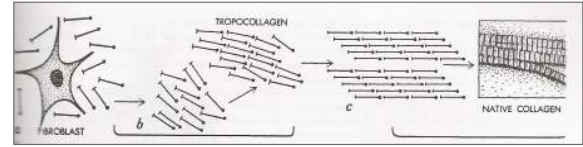
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### How is fascia made?



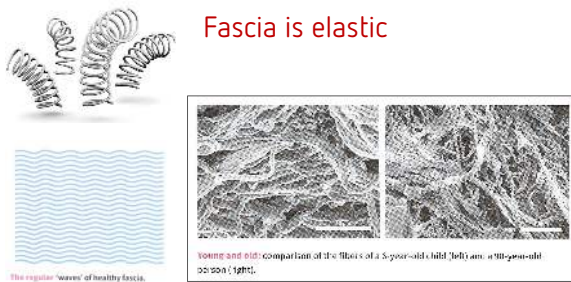
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### Fascia orient along lines of stress



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### Fascia is elastic



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### Movement is essential to fascial health!



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### Characteristics of healthy, well-trained fascia:

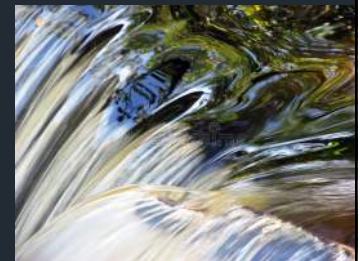
- It is firm and elastic at the same time.
- It is flexible like bamboo.
- It has the tensile strength of rope.
- It enables springy resilient movements like those of a gazelle.



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So...

To maintain healthy, happy, and mobile joints, we want to balance the forces acting on the joints by the surrounding muscles – an "evenness of tone" – and maintain smooth, elastic, and fluid fascia.



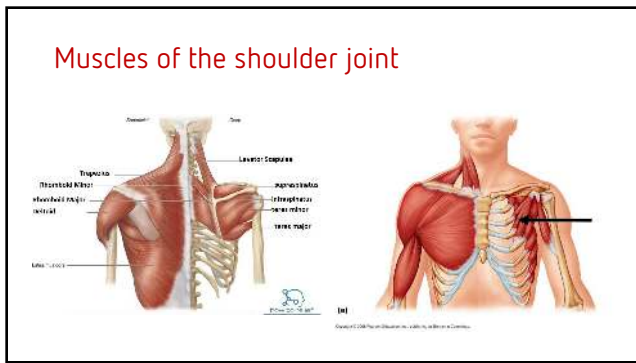
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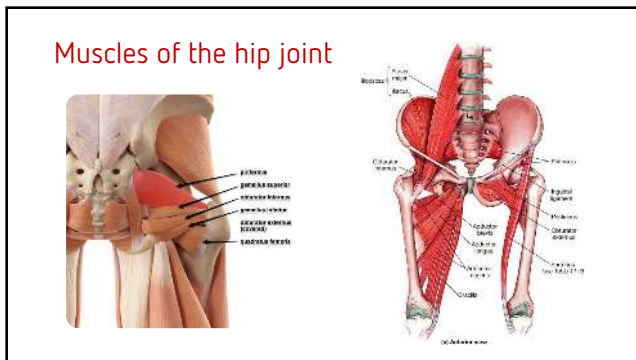
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### Strategy for restoring (shoulder) mobility

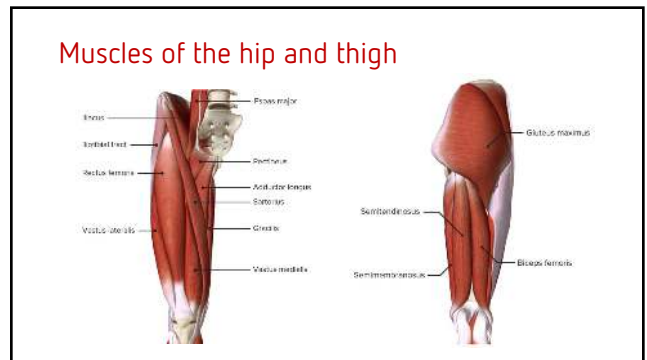
- Gently lengthen the shortened muscles in front  
Tactics include:
  - Passive, static, and dynamic stretching
  - Hands-on body work (self or someone else)
  - Ball, massage gun
- Gradually restore tone to lengthened muscles in back  
Tactics include:
  - Pulling movements under load (concentric contractions)
  - Isometric contractions (pulling the shoulders back and holding them there under tension)
  - Drawing the shoulders back and moving them under constant tension



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## Strategy for restoring (hip) mobility

1. Gently lengthen the shortened muscles in front (hip flexors, including psoas and quads)
  - Tactics include:
    1. Passive, static, and dynamic stretching
    2. Foam roller, ball, massage gun
    3. Hands-on body work (someone else)
1. Restore tone to hamstrings and gluteals in back
  - Tactics include:
    1. Lifting the leg to the back, or drawing it back under tension
    2. Squat variations that emphasize lengthening the hamstrings under tension
    3. Lunge variations



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## Increasing and maintaining mobility

Practice movements that:

- Take the joint through its full range of motion, without pain
- Are fluid and repetitive, lubricating the soft tissues and allowing them to slide and glide more easily
- Encourage the release of unnecessary tension around the joint
- Work the front and back of the joint evenly, in a balanced fashion
- Engage all the supporting muscles around the joint under light to moderate tension
- Increase neuro-motor efficiency
- Are fun to do!



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## Dynamic Flow - Full body mobility practice

- New Intro Series starts next Tuesday – 4 weeks
- Tues/Thurs mornings at 8am online
- Register online at: [thelonggame.coach/schedule](http://thelonggame.coach/schedule)



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## Contact me to be on mailing list

Text me your name and email address:

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Or log on to the website

[www.thelonggame.coach](http://www.thelonggame.coach)

and click "Contact"

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