

Mobility & Stability

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From the beginning of times Mortals have always pondered to answer the question: “which came first: the Chicken or the Egg?” We, Movement Professionals, have come across a similar dilemma: Which comes first? Mobility or Stability training?

Most professionals could have a valid argument for either statement all with its array of complex information that many times can be very overwhelming and a bit unrealistic for our everyday practice. We all agree that at end of the day our main concern is that our clients move well and often with minimal or no limitations.

Thankfully for our own sanity and client well- being, we do have an answer: Thus the Natural Law of Movement states that **Mobility** must precede **Stability**. Loss of mobility within a joint may create a movement compensation due to increased muscle stiffness and tone. Just imagine, a joint that suddenly loses its normal range of motion will not be able to move freely as it once did. **Thus joint movement becomes compromised and inefficient.**

Also important to remember that **loss of Mobility** may sometimes be the only way the body can achieve a point of **Stability** (* stability is not authentic). The body is basically in a protective mode as “ it always takes the path of least resistance”.

According to Gray Cook (Movement, 2010), **Mobility** “is the ability of the neuromuscular system to allow for efficient movement of a joint or series of joints through a full, non-restricted pain-free range of motion”, whereas, **Stability** is “ active muscular control exerted on a joint to redirect force and control movement in the presence of normal muscular flexibility and joint mobility”.

The key is to create just the right amount of Mobility in a joint so it moves freely and yet to provide that same joint the Stability (i.e, surrounding musculature) to hold position and control joint movement during loading and/or movement in different planes of motion. Thus, a joint needs **Mobility to create efficient movement** as well as **Stability that allows freedom of movement at another joint.**

In closing, whether training a novice or advance client, think **Mobility training first!** In another words, do include in your client’s program techniques such as corrective flexibility (i.e., static stretches; myofascial release) dynamic flexibility (i.e.,multi planar movements) as well as assisted movements.

“ First Move Well then Move Often”
Gray Cook

References:

Cook, Gray, 2010 (Movement Book, 1ed.-www.functionalmovement.com)

www.PtontheNet.com