

FIRE RESCUE MOBILITY

Mobility training is focused on joint movement and motor control. Incorporating mobility can improve your physical performance, prevent injuries, improve joint functionality, and provide a better quality of life in day-to-day activities.

WHEN:

AFTER: Working fire; code; multiple EMS calls back-to-back; sitting for long periods of time

BEFORE: Workout; shift (during lineup or PT time); bedtime

HOW OFTEN:

To see the true benefits of mobility, it should be done regularly. Start small by adding in mobility during your shift days. Then increase to every-other day. Eventually work to incorporate mobility into your daily routine.

TIPS:

- **Work through mobility training gently and with control.** Do not power through reps, take your time and really feel through the movements.
- **Foam rolling should be an add on to mobility work.** Foam rolling alone will not increase your mobility. This goes for stretching too.
- **Do NOT push through pain.** Discomfort is okay when you first begin incorporating mobility, but sharp pain means you pushed too far. Stay in a range of “comfortable discomfort.”
- **Allow your body to relax into the positions.** Release and breath through tension.

CREATED BY: KELSEY TANLER, DAT, LAT, ATC

MCFR INJURY PREVENTION

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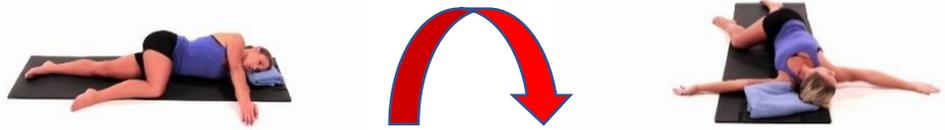
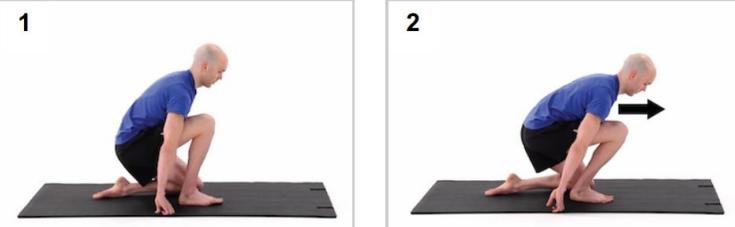
If your condition worsens, please visit FROMS or your community physician and follow-up with Kelsey

BENEFITS:

- ✓ *Improved physical performance*
- ✓ *Injury prevention and rehabilitation*
- ✓ *Increased range of motion*
- ✓ *Better posture and carrying ability*
- ✓ *Relieves muscle tension and pain*

If you have concerns about your mobility, range of motion, or pain you are having with these movements, please stop these exercises and contact **Kelsey Tanler, DAT, LAT, ATC** through the QR code below.



<p>Cat-Cow</p> <p>Spinal warm-up</p>	<p>TARGET: C-spine, T-spine, hips, shoulders</p> <p>Repeat 10x each direction</p>		
<p>Side-Lying Open Book</p> <p>Thoracic spine opener</p>	<p>TARGET: T-spine, front of shoulders</p> <p>Repeat 4-5x each side, hold 15 seconds each</p>	 <p>Move top arm in arc above head</p>	
<p>Shoulder Swimmers</p> <p>Shoulder internal and external rotation</p>	<p>TARGET: shoulder joint</p> <p>Repeat 10x each side</p>	 <p>Move arms in opposition to your end range</p>	
<p>Hip 90/90</p> <p>Hip internal and external rotation</p>	<p>TARGET: Hip joint</p> <p>Repeat 6-8x each side</p>	 <p>External rotation Internal rotation</p> <p>Front leg is the target</p>	
<p>Ankle Forward Lunge</p> <p>Ankle dorsiflexion</p>	<p>TARGET: Ankle joint</p> <p>Repeat 5x each side, hold 15-30 seconds each</p>	 <p>Lean into knee to push forward</p>	