

Athlete Mobility and Injury Evaluation Screening



This is an example of an athlete that I have been training regularly for 5 months; you can see there have been significant changes that have taken place that have increased this athlete's range of motion. It can be seen that this athlete had severe joint immobility (picture on left). His upper body had become extremely immobile to the point that it was restricting his shoulder and neck range of motion (as can be seen in the picture on the left). In the picture on the left, you can also see he had lost his ability to achieve full extension of his middle back, this is very common in most athletes, due to poor daily posture (slouching) or due to sport specific positioning (stick related sports typically promote poor back posture and ultimately muscular imbalance). Additionally, this athlete was suffering from a lack of range of motion within his hip joint. This can be seen on the picture in the left by his inability to bend his right hip to achieve 90 degrees which forced his body to compensate by shifting his hip to the left as he lowered his hips. This is typical among athletes that have had some sort of hip related injury (hip flexor pulls or strains, quadriceps pulls, knee surgeries, ankle injuries or hamstring strains even foot or ankle injuries). This athlete's compensation had created muscular strength imbalances in his lower body; these imbalances forced him to favor his left leg, which promoted a lack of strength in his right leg. It is important to know that 60-70% of athletes suffer from some aspect of joint immobility. Improving joint mobility will allow an athlete to be more capable to perform movements quickly in unpredictable game situations. Athletes that lack full joint mobility (ROM) typically possess inefficient movement habits. Ultimately if an athlete does not rectify his/her loss of mobility it can reduce the ability to position the body to produce maximal power during sprinting, jumping and during rapid changes of direction. Athletes that suffer from joint immobility are also more likely to sustain severe non-contact related injuries. This particular athlete has developed newfound mobility and this has influenced his ability to generate faster top speeds and quicker accelerations.