

AGESTRONG

MOVE BETTER | LIVE BETTER

THE AGESTRONG MOBILITY GUIDE

Move Better.
Feel Better.
Live Better.



Move with Ease
in everyday life



Reduce Stiffness
and discomfort



Stay Active
and Independent

“

Mobility isn't about becoming more flexible. It's about having enough movement — and enough control of that movement — to do what life asks of you.

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MARIUS VISSER

BIOKINETICIST & OVER 50 SPECIALIST



MOBILITY IS MORE THAN FLEXIBILITY

Mobility is the movement you can actually use - with enough control to do what everyday life asks of you.



When people hear the word mobility, they often think about stretching. But being able to move through a large range is only part of the picture.

Useful mobility combines movement, control and confidence. It helps you reach, turn, bend, step, walk, get down to the floor and get back up again.

As we get older, joints may feel stiffer and movement habits can become smaller. The answer is not to force more range. It is to keep giving the body regular opportunities to move well.

Mobility isn't about becoming more flexible. It's about having enough movement - and enough control of that movement - to do what life asks of you.

WHAT GOOD MOBILITY ACTUALLY MEANS

Mobility is not one joint. It is the way your body creates usable movement across many joints and movement patterns.

MOVEMENT AVAILABLE

Your joints and tissues need enough range for the task.

CONTROL

Your nervous system and muscles need to organise that range.

REAL-LIFE ABILITY

The movement must transfer into walking, reaching, lifting and daily life.



This is why someone can be very flexible and still feel stiff or awkward during everyday movement. Range without control is not the same as mobility.

AgeStrong looks at mobility through a simple question: Do you have enough movement, in the places you need it, to move confidently through life?

START WITH THE ANKLES

Small changes at the ankle can influence walking, stairs, squatting and balance.



The ankle needs to allow the shin to move forward over the foot while the heel remains grounded. When this movement becomes limited, the body often finds another way - the feet may turn out, the heels may lift, the knees may change direction, or the trunk may compensate.

Explore it: With support nearby, gently allow the knee to travel forward over the foot while keeping the heel down. Move only through a comfortable range.

Better ankle mobility can make movement above the ankle easier - especially walking, stairs and squatting.

MOBILE HIPS HELP YOU MOVE THROUGH LIFE

The hips need freedom in more than one direction - bending, extending, rotating and moving side to side.



Hip mobility influences how comfortably you walk, step, turn, sit, squat and reach toward the floor. When the hips stop contributing well, the lower back or knees may be asked to do more.

Explore it: Use a chair for support and gently lift the knee to open the hip. Keep the movement controlled and stay within a comfortable range.

The goal is not the biggest range. The goal is a range you can use with control.

DON'T FORGET YOUR UPPER BACK

Turning is part of everyday life - looking behind you, reaching across your body, getting in and out of a car and changing direction.



Your thoracic spine - the upper and middle back - is designed to contribute to rotation. If this area becomes less mobile, the neck, shoulders or lower back may compensate.

Explore it: Sit tall and gently rotate your upper body. Let the movement be smooth rather than forced. Breathe normally and compare one side with the other.

Mobility is often about redistributing movement - helping the right areas contribute again.

SHOULDERS NEED FREEDOM - AND CONTROL

Reaching overhead is a simple movement that tells us a lot about how the shoulder, shoulder blade and upper back work together.



We need shoulder mobility for reaching into cupboards, dressing, washing our hair and many other ordinary tasks. But forcing the arms higher is not the goal.

Explore it: Reach both arms upward as far as feels comfortable while keeping the movement relaxed and controlled. Notice whether one side moves differently, whether the ribs flare, or whether the movement feels restricted.

Useful shoulder mobility is movement you can access without having to fight for it.

MOBILITY SHOULD TRANSFER INTO MOVEMENT

Joint range matters because it gives you options. The real question is whether those options show up when you move.



A hip hinge is a good example. To reach toward the floor well, the hips, knees, ankles and trunk all need to contribute in the right proportions.

If one area is limited, another area often takes over. That does not automatically mean something is wrong - it simply gives us information about where movement may need to be restored or improved.

AgeStrong doesn't chase flexibility for its own sake. We build mobility that supports useful movement.

THE SQUAT: MOBILITY IN ACTION

Sitting down and standing up brings several joints together in one of the most important movement patterns for independence.



The ankles need to bend, the hips and knees need to flex, the trunk needs to stay organised, and the whole movement needs enough strength and control.

This is why mobility should not be separated from the rest of movement. A person may have enough range at each joint in isolation but still need practice coordinating the full pattern.

Mobility gives you movement options. Practice teaches your body how to use them.

MOBILITY FOR THE REAL WORLD

The best mobility work eventually becomes almost invisible - it simply helps everyday movement feel easier.



Walking with a comfortable stride, turning while carrying something, stepping over an obstacle, reaching to a shelf or getting down to the floor all require mobility in motion.

This is why AgeStrong moves beyond isolated stretches. We want the movement you gain to appear in the tasks you actually care about.

Move better in practice so you can move better in life.

YOUR SIMPLE AGESTRONG MOBILITY CHECK

There is no score and no pass or fail. Observe your movement and let it guide what you work on.



CAN I DO IT?

Is the movement available at all, or does it feel clearly restricted?

HOW AM I DOING IT?

Do you compensate, rush, hold your breath or move very differently from side to side?

HOW DOES IT FEEL?

Does it feel smooth and comfortable, or stiff, uncertain or uncomfortable?

Then choose your next step: **RESTORE** movement that feels limited or uncomfortable. **IMPROVE** movement that is available but poorly controlled. **BUILD** once the movement is confident enough to load and strengthen.

Watch this free mobility routine here:

<https://youtu.be/fJCZIP-W7KA>

PUT IT ALL TOGETHER

Mobility is not something you finish. It is a physical quality you keep using, exploring and maintaining throughout life.



MOVE OFTEN

Small amounts of comfortable movement throughout the day matter.

FOCUS ON QUALITY

Explore range with control rather than forcing positions.

CONNECT IT TO LIFE

Use mobility to support walking, reaching, lifting, turning and independence.

Move Better. Feel Better. Live Better.

Continue your AgeStrong journey

Use this guide alongside the AgeStrong Starter Guide, free movement lessons and AgeStrong Foundations to understand where to Restore, Improve and Build.

Educational information only. If a movement causes pain, dizziness or unusual symptoms, stop and seek appropriate professional guidance. Individual medical conditions may require personalised advice.