# Simple Mobility Series

## 3 Essential Drills

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## Why Mobility Matters

Mobility isn't just about flexibility — it's about your ability to move freely through the ranges your body needs. When that's limited, everything else compensates.

| 40% | 28% | 3×/wk |
|---|---|---|
| reduction in injury risk with consistent mobility and stretching programs. | of adults over 50 report activity limitations due to joint stiffness — most of which is modifiable. | of targeted mobility work can significantly improve range of motion in just 4 weeks. |
| *Lauersen et al., BJSM, 2014* | *CDC, MMWR, 2021* | *Thomas et al., IJSPT, 2018* |

## Beyond Movement: Diet & Tissue Health

Mobility drills are only part of the equation. Research shows that uncontrolled type 2 diabetes causes collagen glycation that ages tendons dramatically — a 40-year-old with uncontrolled diabetes can have the tendon health of an 80-year-old. Advanced glycation end-products (AGEs) stiffen collagen, reduce elasticity, and increase injury risk.

**Blood sugar matters.** Chronically elevated glucose accelerates tissue aging. Managing it protects your tendons, ligaments, and joints.

**Nutrition feeds recovery.** Adequate protein, vitamin C, and collagen-supporting nutrients give your tissues what they need to heal and adapt.

**Inflammation is a factor.** Processed foods, excess sugar, and chronic stress drive systemic inflammation — which works against everything mobility drills are trying to fix.

*Snedeker & Gautieri, Muscles Ligaments Tendons J, 2014 · Li et al., Age-related changes in collagen, 2020*

## The 3 Drills

### 01 · Foam Roller Pelvis Rolls

*Pelvis & Hips*

The pelvis is the foundation for everything above and below it. This drill uses a foam roller and a wall to restore pelvic mobility through a simple bridging pattern.

1. Grab a foam roller and lie on your back with your feet on the wall — hips and knees at 90 degrees.
2. Squeeze the foam roller between your thighs and flatten your back against the ground.
3. Bridge up about an inch off the ground.
4. Roll the foam roller between your thighs, keeping your feet firmly planted on the wall.

5. Two sets of 20 reps and you're done.

■ Watch the drill on YouTube

## 02 · The Bretzel

*Hips, Lumbar & Thoracic Spine*

Your hips, low back, and mid-back are all designed to rotate. When they don't, your shoulders and knees compensate. The Bretzel is one of the best ways to restore rotation through all three areas simultaneously.

1. Lie on your back. Bring one hip and knee up to 90 degrees.
2. Grab the outside of that thigh with your opposite hand and pull it across your body.
3. With your free hand, reach back and grab the foot on your other side by bending that knee.
4. Once you've got both legs locked in, contract your leg muscles into your hands. Take a deep breath.
5. As you exhale, rotate your shoulder and head toward the ground on the side you started with. Hold for 5–15 breaths, then switch sides.

■ Watch the drill on YouTube

## 03 · The Sundial

*Thoracic & Cervical Spine, Shoulder*

This drill isolates the spine from the pelvis, restoring rotation in the thoracic spine, cervical spine, and shoulder. All you need is a foam roller and a wall.

1. Grab a foam roller and something to kneel on. Kneel next to a wall — the knee closest to the wall goes down.
2. Use your other knee to pin the foam roller against the wall.
3. Place both hands out in front of you. Twist back with the outside arm and try to tap the wall behind you — rotate your torso and head together.
4. Bring that hand back to the starting position. Then with the inside arm, reach up and follow your hand with your head.
5. Wipe the hand down toward your back thigh, bringing it all the way around to the starting position. Repeat on both sides.

■ Watch the drill on YouTube

## Key Takeaways

**Consistency beats intensity.**
A few minutes of mobility work done regularly will always beat one aggressive session. Start small.

**Pain is a signal, not a sentence.**
Stiffness and discomfort are your body asking for attention — not telling you something is broken.

**Minimal equipment, maximum impact.**
A foam roller, a wall, and some floor space — that's it. These drills are designed for your living room, not a gym.

**Movement is personal.**
Not every drill fits every body. If something doesn't feel right, that's useful information — not failure.