



MOBILITY MATTERS



F2T | FIT TO THRIVE
More Fire Fighters. More Active. More Often.
PERFORMANCE REDEFINED

Improve your mobility in just 5 minutes a day

On any given day, the way we walk, get of bed, put on our pants, etc., is influenced by our joint mobility. The ability to move our joints so that we can sit on a toilet, wash our hair or tie our shoes transcends any differences that may exist in our physical demands. Spending just a few minutes on your mobility can benefit health, performance and quality of life.

Mobility sessions can be brief and performed anywhere with little to no equipment at any time. Try the exercises below to improve your ankle, hip and shoulder mobility.

Either hold for 30-45 seconds or perform 8-12 reps with a 2-second hold at end range. Full-length videos of several at-home mobility sessions can also be found at <https://performanceredefined.ca/exerciseathome/>



Half Kneeling CALF STRETCH

- Split stance, with weight over front foot
- Keep front heel on floor (with or without band around ankle)
- Rock forwards with knee over middle of foot



Standing CALF STRETCH

- Split stance with forward lean
- Keep back heel on the floor (with or without back knee bent)
- Lean forwards with knee over middle of foot



Lying HAMSTRING STRETCH

- Lying flat, keep natural curve in low back
- Raise one leg with bent knee (with or without band around thigh)
- Hold leg (can use towel), straighten knee



Half Kneeling HIP FLEXOR STRETCH

- Split stance, front foot flat on floor
- Push rear hip forwards (with or without back foot raised)
- An upright trunk will enhance stretch



Kneeling BACK STRETCH

- Kneeling with elbows on bench/couch/chair
- With elbows on bench, keep back straight
- Lengthen from elbows to hips



Standing CHEST STRETCH

- Standing with hand(s) on wall/post
- Thumbs pointed up, shoulder(s) back
- Turn chest away from hand