

Mobility for Total Body

Welcome to the Eleiko Mobility for Total Body programming. Mobility is essential for optimal performance and injury prevention. Eleiko uses multiple applications to address tissues and motions to produce optimal mobility. These programs will use foam rolling, muscle activation techniques®, fascial mobilisers™, and dynamic mobility drills. These programs provide various suggestions for the total body mobility, but they are only suggestions. A full assessment process is as seen in the Eleiko Readiness and Recovery Training course is the only way to truly determine the right exercises to use. Done correctly, these programs should take less than 12 minutes.

Mobility for Total Body	
Exercise	Tips
Foam Rolling	
Top of Foot/Ankle	<ul style="list-style-type: none"> Roll for 15-30 sec, then shift side-side for 5 sec
Lower Lateral Thigh	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Anterior Hip Capsule	<ul style="list-style-type: none"> Roll for 15-30 sec, then shift side-side for 5 sec
Lateral Ribs	<ul style="list-style-type: none"> Roll for 15-30 sec, then shift side-side for 5 sec
Muscle Activation	
Trunk Rotation	<ul style="list-style-type: none"> Move the trunk into its end range rotation position. For R trunk rotation: Place right hand on left elbow. Press left elbow into right hand with only enough pressure to perform the isometric contraction at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps. Perform the opposite for Left Trunk Rotation
Hip Internal Rotation	<ul style="list-style-type: none"> Move the hip into its end range position. For left hip: place left hand on outer-lower leg. Press leg into left hand with only enough pressure to perform the isometric contraction at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps. Perform the opposite for Right Hip internal rotation.
Shoulder Flexion	<ul style="list-style-type: none"> For Left Shoulder: Move into its end range position. ASSISTIVE technique: in SUPINE position, hold left arm in flexion and perform the flexion isometric contraction at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps. RESISTIVE technique: in PRONE position, hold left arm in flexion and perform the flexion isometric contraction at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps. Perform the opposite for Right Shoulder flexion.
Mobilisers	
Staggered Front Knee Drive w/ Front-Back Reach	<ul style="list-style-type: none"> From a staggered-stance position, turn both feet inward (pigeon toed). Slowly, as if in water and trying to not make waves, move front knee forward (keep back heel on the ground) while reaching opposite hand up to the point where you just start to feel first tension (NOT as far as you think you can go!). Then, without pausing or changing speed, move hips and hand backward, straightening front knee and bending back knee Perform 5-8 reps, or about 30 seconds.

Dynamic	
Lateral Squat w/Anterior Reach	<ul style="list-style-type: none">• From standing position, squat down to one side reaching hands in front of you• Return to standing position then repeat on other side• Perform 5-8 reps each way

Mobility for Ankle 3	
Exercise	Tips
Foam Rolling	
Upper Lateral Calf	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Lateral Knee	<ul style="list-style-type: none"> Roll for 15-30 sec, then shift side-side for 5 sec
Lower Lateral Hamstring	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Muscle Activation	
Ankle Plantarflexion	<ul style="list-style-type: none"> Move the right ankle into its end range position. Place left foot on bottom of right foot with only enough pressure to perform the isometric contraction of dorsiflexion at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps. Perform the opposite for Left Ankle dorsiflexion.
Supine Knee Flexion	<ul style="list-style-type: none"> Move the hip/knee into its end range position. Place left finger-tips on heel with only enough pressure to perform the isometric contraction of flexion and abduction at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.
Mobilisers	
Standing Double Knee Drive w/ Lateral Shift	<ul style="list-style-type: none"> From a standing position, turn both feet inward (pigeon toed). Slowly, as if in water and trying to not make waves, keeping trunk fixed move knees forward to the point where you just start to feel some tension (NOT as far as you think you can go!). Then, without pausing or changing speed, shift hips side-side and return to standing position. Repeat. Perform 5-8 reps, or about 30 seconds.
Dynamic	
Lateral Squat w/ Anterior Reach	<ul style="list-style-type: none"> From standing position, squat down to one side reaching hands in front of you Return to starting position and repeat on other side Perform 5-8 reps each way