



## Upper Body Mobility Course

This course was designed as a practical guide to help restore local mobility within the key joint complexes of the upper body.

This course will serve as both an educational platform to help you learn more about how each joint segment of the upper body interacts to promote mobility, as well as a step by step guide to help you improve joint range of motion with movements that we use clinically everyday.

This course offers over 60+ movement strategies designed to not only increase joint range of motion, but also to improve how these joints coordinate with each other to have greater carryover to real world movement.

### Upper Body Mobility

- Our step by step mobility framework
- What contributes to local joint limitations
- Local mobility & global load sharing of the upper body
- How to progress & regress by manipulating joint segments
- Key programming features

### Mobility exercises

- **Rib cage flexion**
  - 4 mobility progressions
- **Rib cage extension**
  - 2 mobility progressions
- **Scapular protraction**
  - 5 mobility progressions
- **Horizontal adduction**
  - 7 mobility progressions
- **Scapular retraction & horizontal abduction**
  - 6 mobility progressions
- **Neck flexion**
  - 7 mobility progressions
- **Neck extension**
  - 2 mobility progressions

- **Humeral internal rotation**
  - 4 mobility progressions
- **Humeral external rotation**
  - 7 mobility progressions
- **Shoulder & humeral flexion**
  - 5 mobility progressions
- **Elbow flexion & forearm supination**
  - 3 mobility progressions
- **Elbow extension & forearm pronation**
  - 4 mobility progressions
- **Wrist extension**
  - 2 mobility progressions
- **Wrist flexion**
  - 2 mobility progressions