



THE SKIN IS THE WAY IN

BETTER MOBILITY FOR AUTOIMMUNE &
MOVEMENT DISORDERS

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SESSION LEARNING OBJECTIVES

- Understand which components are included with mobility
- Autoimmune disorders can reduce joint range of motion affecting quality life and daily self-care and functional activities.
- Improving mobility supports a quality life and functional independence.
- Trainers **MUST** be able to identify a client's joint limitations through visual observations, interactive conversations, known medical history, and reported painful ROM.
- Targeted movement helps manage symptoms and supports joint health IF performed correctly.
- Using portable tools in the HEAT UP and through the session will support movement and joint loads with ROM and enhance mobility.
- Try a 5 sample mobility sequences from easy to hard.

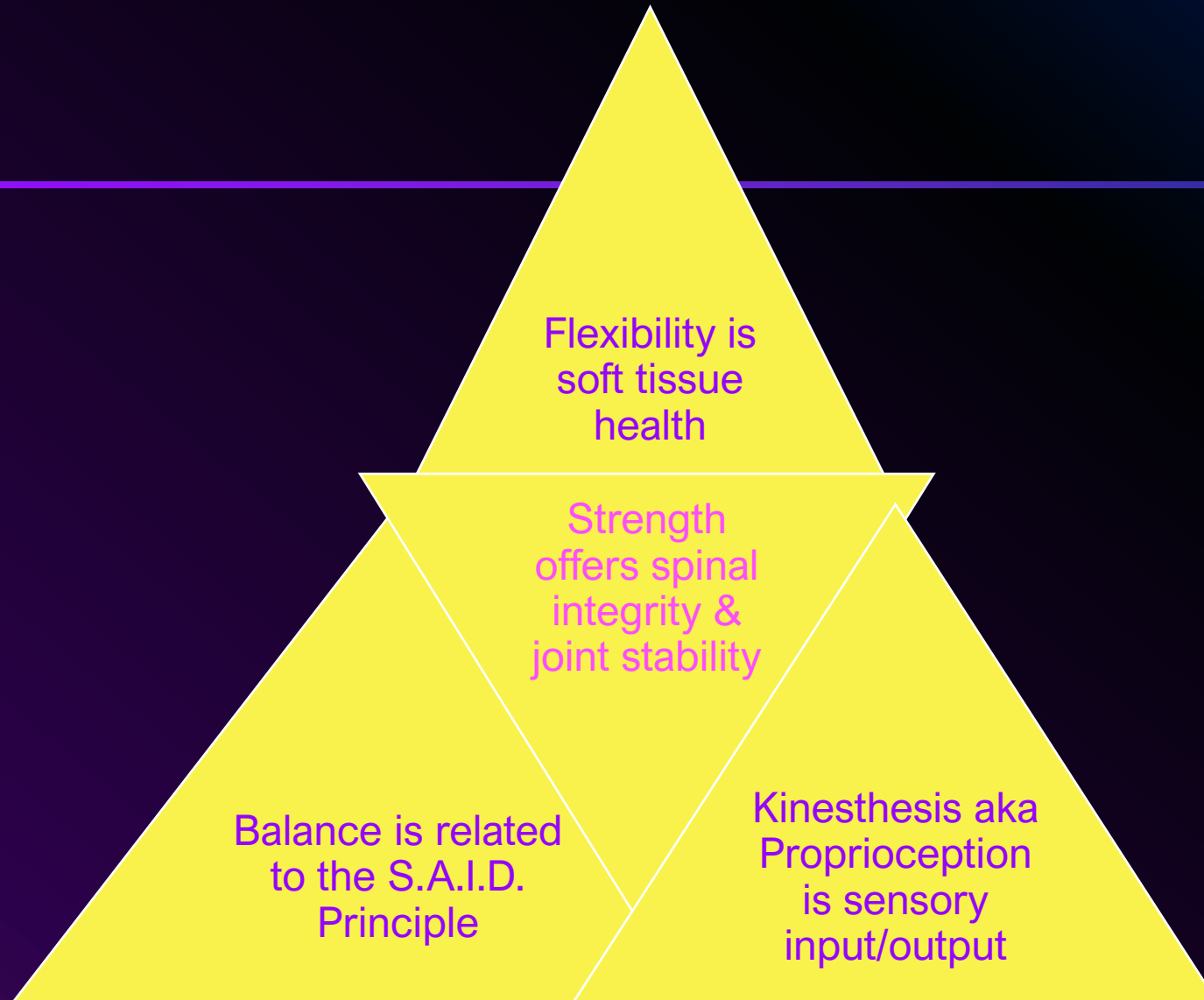
IS THIS
MOBILITY?



MOBILITY DEFINED

- ❖ The ability of a joint to move pain-free through a predetermined and active range of motion (ROM).
- ❖ Your client presents with individual joint capacity or their current available ROM at that joint that may or may not be pain free.
- ❖ Mobility is a coordination of several connected physiological systems stimulated and resolved through a variety of negative feed back loops.

MOBILITY COMPONENTS



STRENGTH & MOBILITY



Spinal integrity and joint stability are deeply related. Many mobility sequences are too difficult for clients because they lack:

- ✓ Prerequisite Strength
- ✓ Adequate ROM
- ✓ Soft Tissue Extensibility
- ✓ Proper Recovery

We address mobility and strength, joint by joint with our clients.

BALANCE & MOBILITY

Balance refers to the body's ability to support its center of mass (COM) over its base of support (BOS).

- ❖ When Standing
- ❖ Moving
- ❖ Changing Positions

FLEXIBILITY & MOBILITY

Ability of soft tissue to lengthen passively without tightness, restrictions or pain.

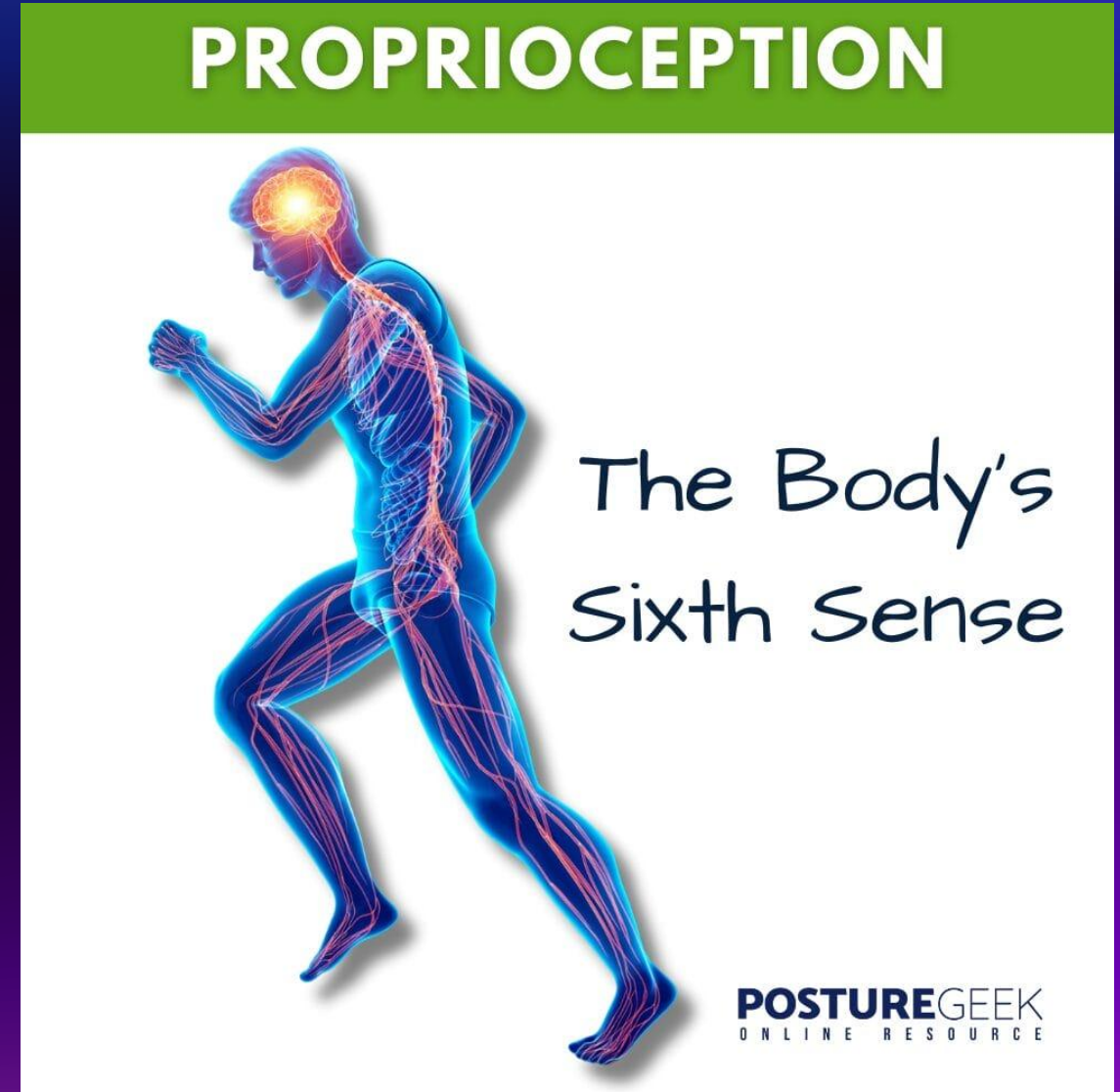
Improving flexibility increases muscle activation and movement control.

Joint structures, autoimmune conditions, pain, muscle weakness, sedentary lifestyle, inflammation, metabolic issues, lack of lean mass, inadequate daily amino acid intake and recovery ALL influence flexibility.



Proprioception & Mobility

Kinesthesia aka proprioception, refers to the systems that sense the position and movement of individual body parts



PROPRIOCEPTION AND MOBILITY

Local nerves are stimulated through the skin.

Information is absorbed and relayed by the spinal cord then transmitted via neurons.

To the Brain/Central Nervous System the Cerebellum.

THE SKIN IS THE WAY IN

- ❖ Kneading, stroking, or applying textured or pulsating pressure to the skin, immediately enhances blood flow and circulation which is critical for ALL physical performance involving joint ROM.
 - ❖ Pressure and massage applied to tight muscles stimulates the spindles to reset, resulting in the return of normal and natural tissue tension and length reducing pain caused by muscular and fascial restrictions.
- ❖ SMR also reduces cortisol levels and encourages the release of endorphins which facilitates recovery.

FASCIA

A connective tissue surrounding muscles and organs.

When fascia becomes tight, it interferes and restricts ROM resulting in altered joint ranges.

These further facilitate compensatory movement patterns which continue to promote pain, body tension, discomfort, limiting ROM and mobility.

Fascia is the connection between mind and body ,as it holds onto energy and power over both movement and emotions.

SMR for Autoimmune Conditions

This effect is particularly important for individuals with autoimmune conditions or people recovering from injury.

Chronic tension patterns caused by fibromyalgia, arthritis, chronic fatigue syndrome, or a sedentary lifestyle.

SMR can help restore functional movement and reduce compensatory stress on other areas of the body.

How To Use Tissue Manipulation To Soften And Inform The Fascia

- ✓ Myofascial Release
 - ✓ Slow sustained hand pressure to areas where fascia restricts joint mobility.
- ✓ Trigger Point Therapy
 - ✓ A systematic application of pressure to trigger points.
- ✓ Myofascial Release Therapy
 - ✓ Focuses on releasing muscle tightness, increasing the glide between fascial planes, and hydrating fascia to reduce pain patterns.
- ✓ Fascial Blasting
 - ✓ A technique involving breaking up adhesions and smoothing out fascia using a KAOPRO tool.

SURFACE TEXTURE, PULSATION, VIBRATION, ETC.



Rollers

Vibration Devices

Sticks

Balls

Surfaces



PORTABLE TOOLS ENHANCE MOBILITY

- Textured balls stimulate muscles and improve circulation.
- Rollers assist in myofascial release and reduce muscle tightness.
- Percussive vibration devices promote muscle relaxation and recovery.
- Heat therapies increase blood flow and ease stiffness.
- Rest will allow the magic of the exercise stimulus to work.

5 MOBILITY MOVEMENTS

1. Standing Lateral Reaches w/Chest Openers.
 1. 2-3 times each side.
2. Deep, Non-Working Squat w/T-Spine Rotation.
 1. Hold up to 30-seconds.
3. Seated Twist with Switch Kick.
 1. 3-4 reps each set.
4. Supine Twist and Abduction w/Knee Extension.
 1. 2-3 times each side.
5. Prone Quadricep PNF Stretches.
 1. Hold each concentric phase 7-10 seconds; stretch 7-10 seconds.

Decrease Stress & Inflammation

Foods with high sugar, caffeine, chemicals, fat content.

A high pH diet.

Uncontrolled inflammation.

Dehydrated.

Uncontrolled cortisol.

Low grade, almost imperceptible daily stress.

Disrupted sleep patterns.

Final Tips & Takeaways

- Assess clients for mobility by examining the inter relationships between flexibility, balance, proprioception, strength, joint pain, and movement limitations.
 - Attend to movement compensations, irregular joint patterns, spinal stability and posture, and base of support.
- Learn to select appropriate tools based on client needs and tool availability.
- Develop short, simple routines to incorporate in every session and for homework.
- Encourage consistency, patience, and she should see a gradual progression of significantly increased mobility.

Thank You For Attending!

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