



MOSTABILITY

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At Peak Performance, we think along the lines our training in Applied Functional Science has coined “Mostability”.

- That is, we think of sports movements, and all movements for that matter, falling on the spectrum somewhere between MOTION and STABILITY (no motion).
- Rarely does our body want or need to be fully in motion. Some joints are moving a lot while others very little. Some directions or planes/paths may have lots of motion while other planes in that same joint have little.
- Think of the knee with squatting. The up-down or front-back motion of the squat is huge, while the rotational and side-side motions are so subtle they can be barely detected.

Sport movements like pitching a baseball or backward bending in gymnastics and cheerleading that require extremes of range of motion already are high on the MOTION side. You need to be careful of OVERSTRETCHING those out further. Those motions frequently need attention toward the improving stability side of the equation.

GET YOUR PEAK PERFORMANCE PERSONALIZED!

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