



Case Study: The Importance of Mobility in the Workplace

Case Study:

The case study involves a client who had reduced range of movement in her back line. She works in a sitting position like so many and when she started our session (see below picture) she had a reduced range, which meant she could not fully bend forward.



Solution:

This is not about stretching this is about mobility and persuading connective tissue to move beyond what it is normally used to. This can take time or perhaps happen quite quickly in some clients. When we are restricted we are more likely to injure ourselves when we move if we are unable to achieve full range of movement. Therefore it is a crucial element of what we do at Fit 4 Life that clients are able to move through a full range of movement at all times. We then give them homework so that they can maintain this new found range of movement for a better quality of life.

The Outcome:

By the end of our session she had changed that restricted range of movement to a position of being able to achieve at least a 90 degree bend.



If you require any assistance in corporate wellness for your staff, please contact The Engine.

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