

# practical yoga education

*esther m palmer*

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## mobility check

The mobility expectations I've listed under "good mobility" come from medical industry standards. Standard, in this case, means the average of what's out there. It's not the only normal that exists; it's a reference point that most doctors and physical therapists use.

**The mobility checks I'm offering are intentionally simplistic, *but useful!***

We're starting with the spine because it's at the center of all other movement. We're starting with segmented movement because the segments make up the whole of your movement. One day I also want you to notice the whole --but having the parts in your awareness will make that easier.

If you discover your spine mobility is more limited than you expected, try not to be too shocked. Modern living promotes so many restrictions on our movement that nearly all of us need to make a concerted effort to maintain mobility and strength..

**That said, I'm here to help you make that effort!**

Make movement a part of your life, and you will always have a pulse on your mood, your mind, and your health.

Share your findings with the hashtag [#pyemobilitycheck](#).

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*xo, esther*

## spine mobility assessment

The spine is made up of many joints. Because of this, there isn't a mobility number to hit with the spine. Good mobility means movement at each of the more than 100 joints in the spine.

*If you're currently working through any spine conditions or injuries, please do not go through these mobility checks on your own. Get help from a doctor or movement professional (I'm available for Skype sessions).*

Spine movement	Good Mobility	Limited Mobility	Your Movement
<b>Rib joints</b>	Take several big breaths. Where do you notice movement?		
	Ribs can move out to the sides + bellow slightly to the back	Ribs don't move much. Movement in the torso seems restricted to the navel/belly area and/or top of chest/shoulders	
<b>Forward / backward movement</b>	Roll down the spine from standing and then roll back up again.		
	Movement is progressive and even throughout the spine.	Movement is clunky. Spots feel stuck. You	

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		notice only a handful of "notches" of movement	
<b>Side-to-side</b> bend	Standing upright, bend to the side through your spine + neck.		
	A well-distributed curve through your spine + neck tilted at about 45 degrees to the side	An uneven or restricted curve in the spine or neck and/or less than 45 degrees of tilt	
<b>Rotation</b> around the spine's axis	Standing upright + keeping your hips steady, turn through your spine to the right, then back to center, to the left, then back again.		
	From waist to neck, the spine turns rather evenly. Hips <i>can</i> remain still and movement is not made primarily in the shoulders or hips.	From waist to neck, there are handful of clunky units that move. There's strain in the neck or arms in order to turn. Much of the movement stems from the shoulders or hips. The hips refuse to stay still.	