



Stability vs. Mobility!



GUEST CORNER

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exacerbate muscle weakness and joint stiffness. Reduced mobility coupled with increased weightlifting loads can lead to maladaptive biomechanics, impairing form and

increasing the risk of injury. Conversely, active older adults who maintain an engaging lifestyle; exercise regularly, challenging their balance, and allow for natural joint movement are less susceptible to falls and tend to have a lower reliance on assistive devices, such as canes or walkers.

THERAPEUTIC APPROACHES

A skilled physical therapist plays a vital role in assessing an individual's unique needs and developing a tailored program that addresses their individualized needs. For hypermobile patients, the focus may need to be on stabilizing exercises designed to strengthen the muscles surrounding the joints. In contrast, those dealing with hypomobility may benefit from a combination of gentle stretching and movement training to enhance joint mobility and improve coordination and balance.

By finding the appropriate balance within the "Goldilocks Zone," individuals can elevate their overall physical functionality, leading to significant improvements in their quality of life, regardless of their starting point.

EXAMPLES OF STABILITY AND MOBILITY EXERCISES:

Stability Exercise:

- Bird Dogs (for trunk/back stability): Be on your hands and knees, tighten your core muscles and slowly lift the opposite arm and leg to hip/shoulder height. Maintain your lower back and pelvic stability, hold 3 seconds, then switch to opposite sides. Repeat for 1 minute.

Mobility exercise:

- Open Book (for spinal mobility): Lie on your side with hips and knees stacked on each other bent to about 90 degrees and arms straight out at shoulder chest level. Lift and open the top arm while turning your chest and head backwards. Exhale as you twist/rotate your upper body backwards, hold 3 sec then return to original side laying position. Repeat for 1 minute per side.

Understanding the balance between mobility and stability is crucial for athletes, older adults, or any individual seeking to improve their physical health or performance. There is no universal solution; every person's journey in achieving that balance is unique. Regular assessments by a knowledgeable physical therapist can guide individuals toward appropriate strategies, ensuring they stay within their "Goldilocks Zone," making their fitness routines effective, safe, and enjoyable.

Embrace 2026 and invest in your body to find your personal Goldilocks Zone by contacting your physical therapist for guidance.

DIFFERENCE BETWEEN MOBILITY AND STABILITY

Mobility refers to a person's ability to move their body or joints freely through functional ranges of motion. It encompasses the capacity to walk, bend, and change positions efficiently and safely, without excessive pain or assistance.

In contrast, stability pertains to the body or a joint's ability to control movement and maintain proper alignment during both motion and static postures, achieved through coordinated muscle activation, strength, and neuromuscular control.

BALANCE BETWEEN MOBILITY AND STABILITY: "GOLDILOCKS ZONE"

Mobility and stability lie at opposite ends of the movement spectrum. Achieving a balance between these two properties is crucial for optimal physical function. Ideally, individuals should aim to position themselves in the middle of this spectrum, allowing for effective movement without excessive tightness.

For physical therapists, the term "Goldilocks Zone" describes an exercise routine that is just the right level of activity to stimulate healing and adaptation. Too little may lead to deconditioning, too much may cause injury or flare-ups. An exercise program should be precisely tailored to provide a balanced approach between load bearing strengthening exercises and to gradually build capacity within a safe buffer zone and stretches. This balance maximizes health benefits while minimizing the risk of injuries. Because everyone's needs vary, it is essential for a skilled physical therapist to customize this approach based on specific treatment goals, progress, and functional requirements. The "Goldilocks Zone" will differ for each person, reflecting their unique activity levels, abilities, and limitations, making professional guidance crucial for an effective exercise program.

IMBALANCE CONDITIONS: HYPERMOBILITY (TOO LOOSE) AND HYPOMOBILITY (TOO TIGHT)

The consequences of being at either extreme end of the movement spectrum can dramatically affect physical performance and overall well-being. Individuals with hypermobility may struggle with strength, balance and coordination, as their joints often lack the stability necessary to engage safely in sports or daily activities. This can lead to frequent dislocations, sprain or chronic pain.

Sedentary adults most likely experience hypomobility and typically encounter challenges with daily tasks (such as putting on socks, balance and mobility), resulting in a higher risk of falls and injuries. This cycle of inactivity can further



Lize Lubbe and Cindy Diano are physical therapists at Lize Lubbe Physical Therapy. Lize Lubbe is the owner of Lize Lubbe Physical Therapy with its main practice located at 190 Goldens Bridge Rd/Rt 22 in Katonah and a PT Studio in the premises of Apex Fitness (where her team focus on the rehabilitation of sports-related injuries). Learn more by calling 914-875-9430, emailing contact@lizeclubbept.com or visiting www.lizeclubbept.com.

We have moved. Note our new address at 190 Goldens Bridge Road/Route 22, Suite 5 (at the lower level), Katonah, NY 10536.

It is an easily accessible location with ample parking.



We are hands on PTs!

The professional services of the team at **Lize Lubbe Physical Therapy** provides a wide range of PT rehabilitation services to patients young & old, including:

- Pre & Post Surgery Rehabilitation
- Sports Injury Rehabilitation
- Neurological Rehabilitation
- Treatment of Musculoskeletal & Orthopedic Conditions
- Postural, Balance & Gait Training
- Pain & Headache Management
- Body Rebalancing Through Diaphragm Breathing & Pelvic Stability



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