

PA MOBILITY



MOVEMENT PREPARATION AND SELF ASSESSMENT



THE FEEDBACK LOOP

I hear and I forget. I see and I remember. I do and I understand.

Proverb, adapted from Xunzi

A movement system should be practiced, evaluated, and refined from the response it produces. Use each lesson to make one decision, apply it, and reassess.

01**HEAR**

Learn the principle, purpose, and decision behind the movement strategy.

02**SEE**

Study the examples, positions, and patterns until the instruction is recognizable.

03**DO**

Apply the drill or sequence with enough consistency to create useful feedback.

04**UNDERSTAND**

Compare the intended response with what happened during the task.

05**ADAPT**

Keep what works and adjust only what the evidence supports.

06**BUILD**

Use the lesson to improve access, control, tolerance, and capacity.

07**REPEAT**

Return to the process as the task, goals, and circumstances change.

HEAR → SEE → DO → UNDERSTAND → ADAPT → BUILD → REPEAT

LEARN THE PURPOSE. APPLY THE DRILL. RETEST THE TASK.

The system evolves as you do.



CHECK THE TASK.

PREPARE WITH PURPOSE.

Use the page numbers below to move through the guide in order or return directly to the decision you need.

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THE OUTCOME

Use brief, task-specific checks to choose preparation, modification, or referral without turning a coaching screen into a diagnosis.

ACCESS THE RANGE. CONTROL THE RANGE. USE THE RANGE.



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Use a comfortable, controlled range. Do not force a joint position or treat a drill as a diagnosis or treatment for pain. Stop if a movement causes sharp pain, dizziness, numbness, or other concerning symptoms, and seek appropriate professional advice.

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ASSESSMENT WITHOUT DIAGNOSIS

MAIN LESSON Use self-assessment to select today's preparation—not to assign permanent labels.

A movement check is a snapshot of how a task feels and looks under today's conditions. Sleep, stress, recent training, travel, soreness, temperature, symptoms, and familiarity can all affect the result. Its purpose is to make a better decision before training: proceed, prepare, modify, or stop and seek appropriate evaluation. A useful check is brief, repeatable, and connected to the planned session. Record comfort, available range, balance, control, and confidence without pretending to identify a medical cause. The check earns its place only when it changes a decision. When a result is limited, test one small intervention and reassess the same movement.

KEY POINTS

- Assess the movement required by today's task, not every joint in the body,
- Record symptoms and context before interpreting range or asymmetry.
- Use the result to choose preparation, modification, or referral—not a diagnosis.
- Compare yourself with your own repeatable baseline.
- Keep only interventions that produce a useful task response.

COMMON SENSE CHECK

A screen that does not change a decision is just another ritual.

REAL WORLD TRANSLATION

A stiff squat after a long drive may call for preparation and a retest; it does not prove a permanent mobility defect.

APPLY IT

Select one movement from today's session and write the decision its check should inform.

THE READINESS CHECK-IN

MAIN LESSON Start with symptoms and context before testing range.

Ask about pain, numbness, tingling, weakness, swelling, recent injury, illness, dizziness, unusual shortness of breath, and meaningful changes from baseline. Then note sleep, stress, soreness, recent training, prolonged sitting or travel, and the demands of the planned session. Use a traffic-light decision. Green means the task feels normal enough to proceed with ordinary preparation. Yellow means modify the range, load, speed, exercise, or session and reassess. Red means stop the training decision and seek appropriate evaluation. The colors organize coaching choices; they do not diagnose symptoms.

Signal	Training decision	Record
Green	Proceed	Normal baseline
Yellow	Modify and reassess	Constraint
Red	Stop and refer	Warning sign
Context	Interpret cautiously	Sleep stress travel
Trend	Compare over time	Repeated change

COMMON SENSE CHECK
Yellow does not mean failure; it means today’s plan needs an intelligent adjustment.

REAL WORLD TRANSLATION
Heavy soreness without warning signs may justify a longer warm-up. New weakness with numbness requires a different response.

APPLY IT
Record today’s color, the reason for it, and the exact modification or next action.



CHOOSE THE RELEVANT CHECKS

MAIN LESSON Screen only the movements connected to the upcoming task.

A good check is simple enough to repeat and specific enough to guide preparation. For a squat-focused session, ankle motion, a supported squat, and a bodyweight squat may be enough. For an overhead session, use an overhead reach, thoracic rotation, and the first unloaded press position. Running every screen wastes time and creates noise. Keep setup, stance, instructions, and recording consistent. Observe comfort, range, balance, control, left-to-right differences, and confidence. Do not treat every asymmetry as pathology. A difference matters more when it is new, substantial, symptomatic, or clearly changes the task. Choose one or two drills, then repeat the original check.

KEY POINTS

- Squat or lunge: ankle, hip, balance, and the actual pattern.
- Hinge: hip motion, trunk control, tolerance, and unloaded rehearsal.
- Press or pull: shoulder, scapula, thoracic motion, and the exercise position.
- Travel or desk: breathing, rotation, reaching, hips, ankles, and walking.

COMMON SENSE CHECK

More tests do not automatically create a better assessment.

REAL WORLD TRANSLATION

For a squat session, checking the actual squat is more useful than collecting unrelated flexibility scores.

PA MOBILITY DEEP DIVE

Standardization matters. A retest is difficult to interpret when stance, footwear, instructions, effort, or camera angle changes.

APPLY IT

Build a three-check maximum for one planned training session.

SHOULDER AND THORACIC PREPARATION

MAIN LESSON Check the complete reaching task before assigning the limitation to one region.

Overhead and pressing positions distribute motion across the shoulder, scapula, thoracic spine, ribcage, elbow, wrist, and trunk. Begin with a comfortable reach, then compare sides or add a light task-specific pattern only when useful. Observe symptoms, range, trunk strategy, scapular motion, and confidence without forcing a textbook shape. A short sequence may include relaxed breathing, supported thoracic rotation, a wall slide or floor reach, and a light press or pull rehearsal. Select one or two drills from the check, then retest the same reach or exercise position. Keep the change only when the task becomes more comfortable, controlled, or usable.

Check	Observe	Prepare	Retest	Boundary
Overhead reach	Comfort control	Wall slide	Same reach	No forced range
Thoracic turn	Side difference	Supported turn	Same turn	No diagnosis

COMMON SENSE CHECK
An overhead limitation is not automatically a lat problem or a thoracic-spine problem.

REAL WORLD TRANSLATION
Rotation improves the reach, but the light press still feels unstable. The next need may be control—not more passive range.

PA MOBILITY DEEP DIVE
The final warm-up sets are part of the assessment. Shoulder and thoracic preparation must feed the actual press, pull, or reach.

APPLY IT
Check one overhead reach, apply one relevant drill, and repeat the same reach.



HIP AND ANKLE PREPARATION

MAIN LESSON Use lower-body checks to choose the smallest preparation that improves the task.

Squatting, hinging, lunging, running, and stepping share demands across the foot, ankle, knee, hip, pelvis, and trunk. Start with the task at a comfortable range. Then use a focused check—such as knee-to-wall ankle motion, supported hip rotation, a hinge rehearsal, or split stance—only when it helps guide the training decision. Preparation may include ankle rocks, controlled hip transitions, supported split-stance motion, trunk control, and unloaded rehearsal. Retest the same squat, hinge, lunge, or stride. Useful change may appear as better balance, heel contact, depth, control, comfort, or confidence. No change means reconsider the assumed limiter.

KEY POINTS

- Foot and ankle: contact, balance, dorsiflexion, and tolerance.
- Hip: flexion, extension, rotation, and single-leg control.
- Trunk and pelvis: position and force transfer.
- Integrated pattern: squat, hinge, lunge, step, stride, or landing.

COMMON SENSE CHECK

Do not force the ankle or hip simply because the opposite side reaches farther.

REAL WORLD TRANSLATION

An ankle rock improves heel contact in the squat. That is useful even if the measurement remains different side to side.

APPLY IT

Match one lower-body check to one drill and one task retest.



BUILD THE PREPARATION SEQUENCE

MAIN LESSON Move from general readiness to the exact skill and load required by the session.

Preparation should become progressively more specific. Begin with enough general movement to raise readiness, explore the dynamic range required, organize control, rehearse the pattern, and finish with progressively specific warm-up sets. The final sequence should leave the person more prepared—not tired from proving how elaborate a warm-up can be. The order is a framework, not a mandatory ritual. Someone who arrives warm and moves well may need only rehearsal and ramp-up sets. Someone who has been sitting or traveling may need a longer general phase. Keep preparation proportional to the task. High-skill, high-load, or high-speed work generally deserves more specific preparation than a recovery session.

KEY POINTS

- Raise readiness with easy cyclical or whole-body movement.
- Explore the required range with controlled dynamic motion.
- Build control with low-fatigue activation or isometrics.
- Rehearse the pattern with bodyweight, dowel, bands, or light resistance.
- Ramp the exact exercise through progressively specific warm-up sets.

COMMON SENSE CHECK

The warm-up should improve the workout, not compete with it.

REAL WORLD TRANSLATION

Ten minutes of aggressive shoulder work creates fatigue before pressing. The name said preparation; the dose said workout.

PA MOBILITY DEEP DIVE

Specific warm-up sets are preparation and information. Control, comfort, and effort can confirm or change the day's loading decision.

APPLY IT

Write a five-step warm-up and remove any step that does not serve the session.



RETEST AND MAKE THE DECISION

MAIN LESSON Let the response not loyalty to a favorite drill—determine the next step.

After one or two drills, repeat the original movement under the same conditions. Compare comfort, usable range, balance, control, and confidence. Improvement supports keeping the drill for that context. No change suggests the drill, dosage, or assumed constraint may be wrong. A worse response means stop that approach and choose a safer alternative. Do not demand improvement in every category. Comfort may improve without visible range, or control may improve without greater depth. Record what matters to the task. Then proceed, modify the exercise, reduce range or load, substitute, or end the session decision. Repeated yellow or red findings deserve more attention than one unusual day.

KEY POINTS

- Better: integrate the improved motion into warm-up sets and the task.
- Same: change one variable or accept that mobility is not the immediate limiter.
- Worse: stop the drill and return to a tolerable option.
- Repeated or escalating symptoms: seek appropriate assessment.

COMMON SENSE CHECK

A drill is not effective merely because it creates a strong sensation.

REAL WORLD TRANSLATION

The shoulder feels looser after a drill, but the press feels less stable. The retest controls the decision.

APPLY IT

Record the check, intervention, retest, and final decision in four lines.



COMMON ERRORS AND ACTION PLAN

MAIN LESSON Make the check-in short enough to repeat and specific enough to act on.

Self-assessment fails when it becomes a hunt for defects. Common errors include screening everything, changing test conditions, forcing range, treating asymmetry as injury, repeating drills without retesting, and ignoring symptoms because the workout was already written. The system works when it leads to one clear decision. Use the same sequence: review symptoms and context, select a relevant task, record the baseline, choose one or two drills, retest, and decide. Stop and seek appropriate evaluation for sharp or escalating pain, numbness, tingling, unexplained weakness, major swelling, loss of function, recent trauma, fainting, chest pain, or unusual shortness of breath.

KEY POINTS

- Keep the assessment connected to the planned task.
- Use consistent setup and instructions.
- Change one useful variable instead of stacking random correctives.
- Respect the boundary between training decisions and diagnosis.

COMMON SENSE CHECK

The goal is a better decision, not a longer list of things that appear wrong.

REAL WORLD TRANSLATION

Three relevant checks create one clear modification. Twelve unrelated checks create concern without a better plan.

APPLY IT

Run the six-step sequence: context, task, baseline, prepare, retest, decide.



MOVE BETTER. FEEL BETTER. LIVE BETTER.

You now have a repeatable preparation process: review symptoms and context, check the relevant task, apply one useful intervention, retest, and make the training decision.

BEFORE YOUR NEXT SESSION

- ☐ Start with symptoms, context, and the demands of today's session.
- ☐ Choose no more than three checks connected to the task.
- ☐ Keep the setup and instructions consistent.
- ☐ Use preparation to improve readiness—not create fatigue.
- ☐ Retest the same movement before making the decision.
- ☐ Stop and refer when warning signs exceed coaching scope.

FINAL DECISION CHECK

COACH QUESTION

What did the check reveal—and what decision did the retest support?

WRITE THE ANSWER BEFORE YOU CHANGE THE PLAN.

ASSESS THE MOVEMENTIMPROVE WHAT LIMITS IT.

**NEXT: BUILD THE
DAILY RESET →**