

Mobility & Flexibility

Body & health

Two words used interchangeably that describe different capacities.

Flexibility — passive range

- How far a joint can be moved by something else
- Measured lying down or with assistance
- Improved by holding stretches
- Can exist without control

Mobility — active range

- How far you can move it under your own power
- Requires strength through the range
- Improved by loaded movement at end range
- This is what transfers to real activity

THE DIFFERENCE THAT MATTERS

A large gap between the two is a risk: range you cannot control is range you cannot protect.

Strength at end range is what closes the gap. Passive stretching alone widens it.