

Comfortable mobility practice

Choose a region, use controlled range and log the practice.

01 / Understand the starting point

Mobility practice explores usable range and control. It is not a competition to force the deepest stretch or to create the strongest sensation.

02 / Make the useful distinction

Choose a region from the Mobility directory and open the technique guide. Use the listed gentle starting dose and a stable setup. Breathe normally and avoid bouncing.

03 / Put it into practice

Distinguish ordinary muscle tension from electric pain, tingling, numbness or weakness. Those symptoms may involve nerves and need appropriate assessment rather than a more forceful stretch.

04 / Review and adapt

Log the region and what you practiced in Progress. Review whether the movement helps the task you care about, not only whether the range looks larger.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

After an easy walk, practice a comfortable ankle rock and wall slide from their guides. Record the dose and response. Stop if symptoms change unexpectedly.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Region / movement	Starting dose	Comfortable range	Response	Next action

Evidence and original clinical reading

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.