

CROSSFIT – Mobilise to Prevent Injury not to Treat it!

If you perform a WOD such as EVA like I did the other day chances are your shoulder range will be limited over the following few days. This is due to increased muscular tone particularly in your lats from those 150 pull ups.

If you have limited shoulder range and try doing overhead exercises such as press or jerks you will compensate to get the bar over head. Most of us don't have a flexible thoracic spine, so you will most likely compensate by losing midline stability and over extend the lumbar spine compressing those facet joints.

Make sure you regain your full range of movement. Tightness from yesterday's workout will lead to compensation in today's. Compensation for one region compromises' another region. This will reduce performance and eventually lead to injury.

[#injuryprevention](#) [#shouldermobility](#) [#crossfit](#)

MOBILISE and TRAIN WISE

