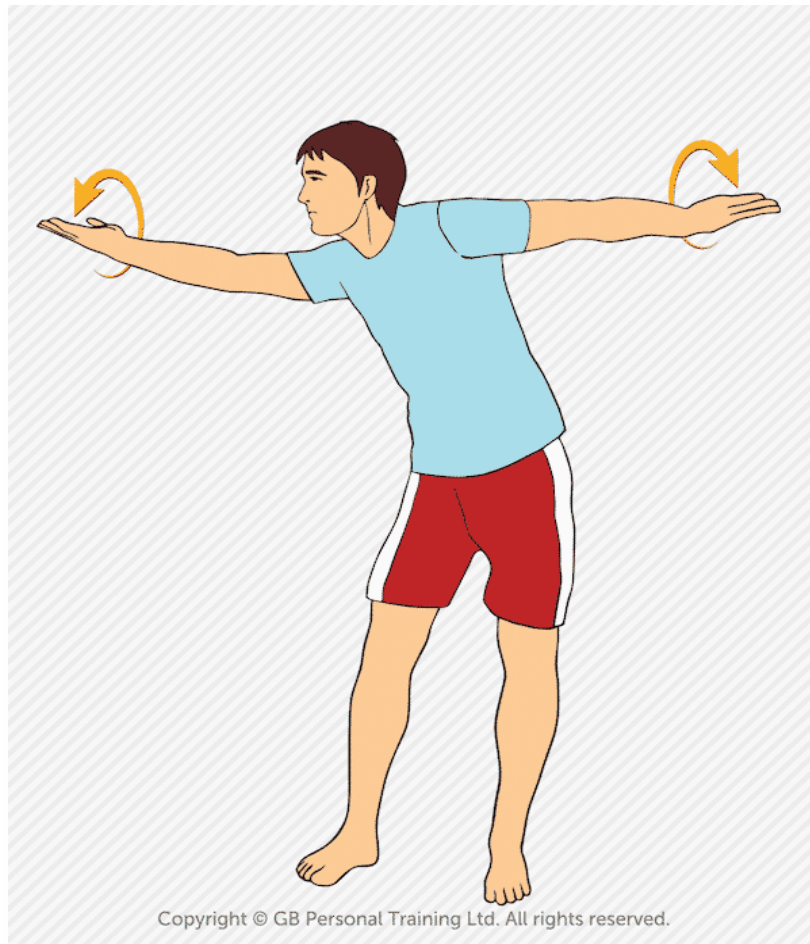


WHY IS JOINT MOBILITY IMPORTANT?



Joint mobility plays a critical role in an athlete's ability to perform. Limited range of motion in the primary joints—the ankles, hips, thoracic spine and shoulders—can hurt your ability to perform and lead to injuries.

If you can't move, you can't play!