

2023 HEALTH AND SAFETY CONFERENCE



BRINGING SAFETY TO THE STREETS!

# Mobility is the Key to a Happy Career

*Presented by:*

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- Certified (NASM, Ace – Peer Fitness, NSCA – CSCS, PN1) and degreed Personal Fitness Trainer with 30 years experience.
- Trained with elite athletes for the NBA, NHL, and NFL
- Better Every Shift Podcast
- Owner of Fire Rescue Fitness
- Contributing Writer for Firehouse Magazine (Expo and World), Lexipol, FR1...
- Thank YOU! [www.FireRescueFitness.com](http://www.FireRescueFitness.com)



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# Who are you?



- Firefighters?
- Medics?
- Chiefs/ Captains?
- Trainers/ Doctors/ Athletic Trainers?
- Are you suffering from injuries/ aches/ pains?

**Please ask questions...**



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# What we want to learn today?

- WE NEED TO GO HOME...HEALTHY!
- What is Mobility vs Flexibility
- Mobility and Injury Prevention
  - Functional Movement Screen?
- Movement and Mood
- Benefits of being mobile (Performance)
- Functional Training for the Fireground
- How to Improve Mobility
- Q and A





# **WE ARE GOING HOME... BUT**

**CANCER**

**KNEE  
INJURIES  
PTSD**

**HEART  
DISEASE**

**BACK  
INJURIES**

**CHRONIC  
PAIN**



**LOW T**

**STROKE**

**OBESITY**

**DIABETES**

**ADDICTION**

**SHOULDER  
INJURIES**



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**ON A MISSION TO HELP  
FIRST RESPONDERS GO  
HOME... HEALTHY.**

## **USE DATA AND RESEARCH TO FIND USABLE SOLUTIONS**

**FIRE WIPES  
SAUNAS**



**FRUITS,  
VEGETABLES,  
DECON**

**SLEEP  
DEPRIVATION**



**SLEEP  
HYGIENE**

**EAP,  
PEER SUPPORT**



**RESILIENCE,  
EMOTIONAL  
INTELLIGENCE**

**BENCH PRESS,  
WALKING**



**FUNCTIONAL  
MOVEMENT  
& MOBILITY**



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# MOBILITY vs. FLEXIBILITY

- Mobility is the ability of a joint to move freely through a full range of motion without pain or discomfort.
- Flexibility is the ability of a muscle lengthen fully.



Flexibility (Passive)

Mobility (Active)



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# MOBILITY 101

**Mobility = active control of joints (strength, balance, coordination)**

**Without the ability to move your joints into the positions needed to squat to the floor to do a search, to reach overhead to raise a ladder, to twist to move a patient, you will get injured.**



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# MOBILITY AND INJURY

When an athlete lacks mobility, they are more likely to suffer from muscle imbalance. And, according to Gray Cook, one of the world's most respected injury prevention specialists:

The primary cause of athletic injuries is neither weakness nor tightness, but rather, muscle imbalance.



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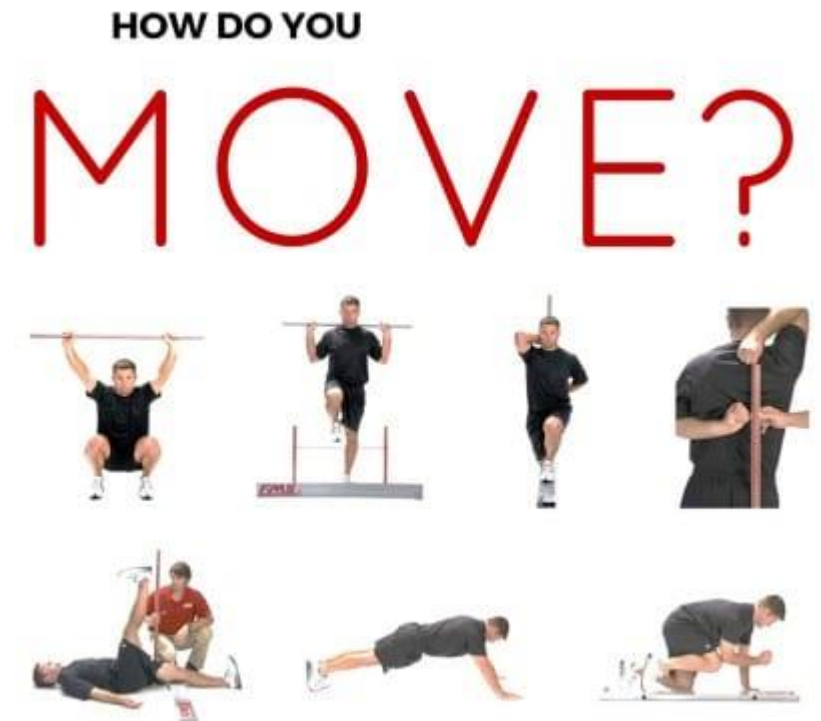
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# FMS for Fire?

- The Functional Movement Screen (FMS) was developed to help identify people that might be at risk of injury or have weaknesses that may impact performance.
- Is it a good test for firefighters?
  - Yes and No (mixed research)
  - Cost effective (?)
- Use as a resource for education



# Mobility and Mood

- Your mind, mood, and mobility are intrinsically linked. (HARVARD HEALTH)
- Lack of mobility can lead to injury and pain.
- Injury and pain can lead to depression.

## Physical/Psychological Cycle of Pain



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# **IN CASE YOU MISSED IT.**

**BETTER MOBILITY**



**BETTER HEALTH  
PERFORMANCE  
LESS INJURY  
LESS PAIN  
BETTER MOOD**

**THE BETTER YOU MOVE, THE BETTER YOU FEEL!**



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# How much do you bench...?

**WE NEED TO FOCUS ON MOVEMENT!**



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# What is Functional Training?

**“Training the body for the activities performed in daily life”.**

**-Mayo Clinic**



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# Our Playing Ground “daily life”

**WHY WE NEED TO BE MOBILE!**



**BARIATRICS**

We don't need bigger ambulances, we need smaller people



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# Fire/Rescue Ground Motions

- Lifting
- Crawling
- Pulling
- Hoisting
- Carrying
- Dragging
- Climbing
- Slamming (sledge)
- “Core” Work



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# HOW TO IMPROVE MOBILITY

- Warm up/ dynamic before exercises and shifts!
  - Perform movements throughout the day
  - Sitting = Disease (get off your butt)
- Train for the fireground!
  - Fullbody strength
  - DBs, TRX, Sandbags, Bands
  - Be functional (crawls, carry, steps)
- RECOVER!
  - YOGA, foam rolling, stretch



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# **WARM UP/ DYNAMIC BEFORE EXERCISES AND SHIFTS!**

- Perform each movement for 6 reps each side.
- Move into position and hold for only 2 seconds
- Perform as a circuit and repeat 2x.

## **Step Ups**



## **Spiderman Steps**



## **Reach and Rotate**



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# TRAIN FOR THE FIREGROUND

- Full body training (we don't isolate on the fireground)
- Use functional equipment (DB's, KB's, TRX, sandbags, bands)
- Integrate functional movement (crawls, carry, stairs, etc.)



Squat to Press



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# RECOVER!

- Yoga/ Truck Stretching
- Foam rolling (percussion gun)
- MOVE- Hip circles, get-ups, hip rotations



Spiderman  
Stretch



HAMSTRINGS



GLUTES



IT BAND



## FRF FOAM ROLLING POSITIONS



QUADS



UPPER BACK



CALVES



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**THERE IS NO SECRET  
FORMULA.  
WORK HARD,  
EAT RIGHT,  
FOLLOW YOUR PLAN,  
GET FRF  
(FIRE RESCUE FIT)**



# **Thanks for Attending!**



*Please share this with your crew and department.*

*Reach out to ZAM with any questions.*

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# The Anatomy of a Crew Workout

- Active warm-up (4-6 exercises)
- Fire Ground/ Strength/ Core Movements
  - Circuits of 6 or 8 exercises
  - 3 or 4 rounds (24 total)
- Stretch and foam roll (5 minutes)



Squat to Press



STAY BACK 500 FEET



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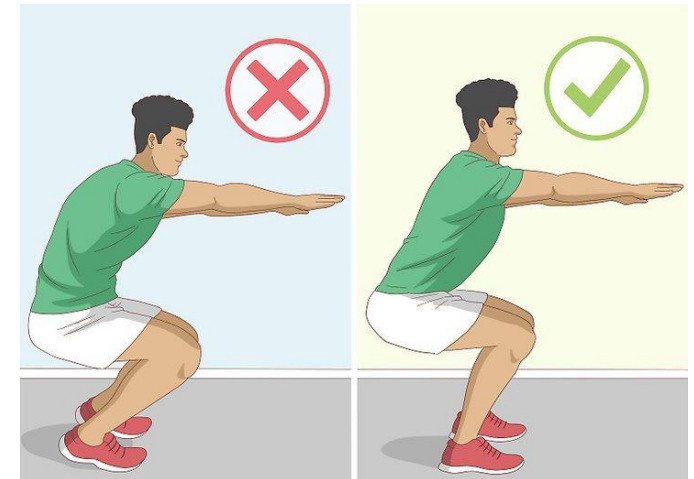


# Posture and Form



## Keys to good form

- Head
- Shoulders
- Abs
- Knees
- Toes



Head back (finger trick)



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# Resources

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