Module 1: The Ground Rules

"Why the ball beats the stretch"

Sports Therapist Hat Hewitt explains why your new mobility ball is one of the most powerful tools for improving your joint mobility and comfort and how to get most out of your new mobility ball:

Introduction Video

Who needs this: Everyone. Before you try to fix a specific joint (knee/shoulder), you need to know *how* to use the tool without hurting yourself.

The 3 Golden Rules:

- **1. Pin and Move:** Unlike a foam roller (where you roll back and forth), you keep the ball **still**. You pin the tight tissue, then move your limb *around* the ball to grind out the tension.
- **2. The "Sedentary" Ratio:** The longer you sit in a chair or car, the more time you need on the ball.
- **3. Don't Overdo It:** You don't need to do the whole body every day. Pick **one spot** (e.g., right hip) and spend 2 minutes on it. Consistency beats intensity.

Hat's Pro Tip: *"This is the most valuable piece of mobility kit you will ever use. You get way more 'bang for your buck' with this than a foam roller or stretching alone. Use it gently, it goes deep."*