

How does stability relate to mobility?

Mobility is the joint's ability to move freely and easily. Stability is the ability to restrict movement. The mobility joints include ankle, hip, thoracic spine, shoulder and wrist. Stability joints include foot, knee, lumbar spine, cervical spine and elbow. There is an inverse relationship between stability and mobility. The more mobile a joint is the less stable it is. If we take the knee joint as an example, there are cases when the knee joint has a reduced range of motion and mobility as a result of an injury that caused it to be damaged.

References:

Miller, M. (2022). *Mobility and Stability: Joint Functions When We Move*. Retrieved February 23, 2023, from <https://nasm.org>

Discussion respond

What do you think is a common injury to a joint?

Dislocation is one of the most common injuries to a joint. This involves the knee, shoulder, hip, elbow, and other joints. Dislocation is very painful but it is easily treatable. After the doctor puts the dislocated joint back in place the patient starts to feel better.

References:

High Mountain Orthopedics. (2023). *Common Injuries (And How They Are Treated: Dislocation*. Retrieved February 24, 2023, from <https://www.highmountainortho.com/joint-injuries/>