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## Joint mobility-the key to longer and better life

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**H**ow would you feel to meet the daily challenges with full of energy, without stiffness and pain? Last ten years I have used joint mobility drills daily and educated these drills further. Many people have often difficulties to find an activity which is easy enough to do but at the same time effective. They have found joint mobility suitable activity. Our body is like car-engine it doesn't work without oil we have about 100 joints in our body surrounded by joint capsules. It's well-known fact that circulation and nutrition to joints happen through movement how often we warm up our joints? Mostly we concentrate to warm up our muscles and don't give a thought our joints. When we move our joints, we smooth joint surfaces and lubricate them. This helps to get healthy joints and helps to maintain a full range of motion. Many people have been familiar with joint mobility drills during these ten years and feedback from people has been encouraging-people feel much better – stiffness and pain are gone or reduced, they feel more energetic and clearer to their heads. They can feel these results after a couple of weeks with joint mobility. And one of the best things with joint mobility drills is that its suitable for all people despite age, gender or form. You can do it everywhere at any time and you don't need any equipment since you carry your gym with you all the time. As a result of all feedback and work with joint mobility, I have made a little "cookbook" of joint mobility drills and I will keep on telling the benefits of joint mobility.

## Biography

Henri Henell is a 49 years old Finnish physiotherapist who lives and works in Norway. He has education as a physiotherapist in Finland in 1996. In 2001 he has started his own private practice. Last ten years he has been using joint mobility drills with himself and part of the treatments. He has traveled around Norway to lecture about joint mobility. In 2015 came he out with print booklet in Norwegian about joint mobility which has sold over 750 examples. At the beginning of 2018 came joint mobility eBook in an English version in Amazon and Spring 2018 print in Finnish. Henri has also been part of the medical team at Sogndal Football where he used joint mobility in part of warm-up routines.

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