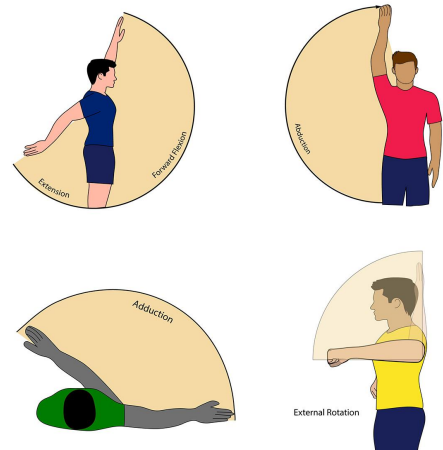


## Move it or Lose it: CARs, A Joint Exploration

Warming up before physical activity is a crucial step in preparing the body for movement. One effective method gaining popularity is using Controlled Articulate Rotations (CARs). CARs involve deliberate, controlled movements of joints to improve mobility, stability, and overall movement patterns. In this article, we will explore what CARs are, how they impact the law of entropy in movement, and their significance in establishing a foundation for healthy joint articulation in movement pattern work.



### Understanding Controlled Articulate Rotations (CARs):

Controlled Articulate Rotations (CARs) are a form of joint mobility exercises that focus on deliberate and controlled rotations of specific joints. CARs can be performed for various joints, such as the shoulders, hips, spine, wrists, and ankles. These exercises are typically performed in a slow, controlled manner, emphasizing a full range of motion while maintaining proper alignment and stability.

### Impact on the Law of Entropy in Movement:

The law of entropy states that without intervention, systems tend to move towards disorder. In the context of movement, this means that joints and tissues can become stiff, restricted, and prone to injury if not properly maintained. CARs counteract this tendency by actively engaging the joints and surrounding tissues, promoting mobility and preventing the buildup of stiffness.

By regularly performing CARs, we introduce controlled rotational movements that encourage the dispersal of energy and the reduction of stress on specific joint structures. These movements help combat the effects of sedentary lifestyles, repetitive movements, or imbalances caused by certain activities. CARs provide a means to reset and maintain joint health, keeping the body in a state of readiness for physical activity.

### Foundation of Healthy Joint Articulation for Movement Pattern Work:

Effective movement patterns require a solid foundation of healthy joint articulation. CARs play a vital role in achieving this foundation by addressing joint mobility and stability. By performing CARs, we enhance the body's proprioception—the ability to sense joint position and movement—which is crucial for coordinating complex movements.

CARs help establish a baseline of joint function, allowing us to identify and address any restrictions or imbalances. They promote joint integrity, range of motion, and muscular activation, which are essential for executing movement patterns efficiently and with reduced risk of injury. By incorporating CARs into warm-up routines, individuals can enhance their overall movement quality and optimize performance.

Tips for Implementing CARs in Your Warm-Up Routine:

- 1) Identify target joints: Determine which joints you want to focus on during your warm-up based on your specific needs and the activity you'll be engaging in.
- 2) Perform controlled rotations: Slowly and deliberately move the joint through its full range of motion. Pay attention to any areas of restriction or discomfort and adjust the intensity accordingly.
- 3) Maintain proper alignment: Ensure proper form and alignment during CARs to avoid compensatory movements or unnecessary stress on other joints.

Controlled Articulate Rotations (CARs) offer a valuable approach to warming up and preparing the body for physical activity. By incorporating deliberate, controlled joint rotations, we can enhance joint mobility, stability, and movement patterns. CARs help counteract the law of entropy in movement, maintain healthy joint articulation, and improve overall performance. By including CARs in your warm-up routine, you can optimize your movement quality, reduce the risk of injury, and enhance your overall physical capabilities. Check out the link below for a sample exercise that we use in all of our warm-up routines.

[Quadruped Hip CARs](#)

