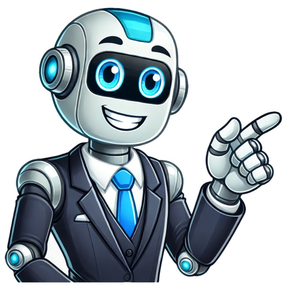
Click to prove you're human



Mobility is defined as your ability to move purposefully as you go through your day. It is the foundation for living a healthy and independent life. Mobility comprises all the skills required for everyday living: physical stamina, strength, balance, coordination, and range of motion. The importance of mobility becomes clear when you rise out of bed, shower, manage a flight of stairs, walk half a mile, get in and out of a car, or carry groceries. Mobility also helps us avoid falls and prevent injuries, and allows older adults to live longer on their own. In short, mobility helps you stay "in the game." Most people spend their lives doing daily tasks without marveling at how much their bodies can actually do. But when we start to lose these basic skills — because of a health problem or the physical decline associated with aging — we begin to understand the importance of mobility, especially for seniors. Loss of mobility affects a third to half of those ages 65 and older. And statistics from the CDC indicate that close to 14% of American adults have some kind of mobility issue that impacts their ability to safely walk and climb stairs. How can I improve my mobility? Regular mobility exercises are the best way to prevent further loss of movement, no matter your age or health. Mobility workouts help improve strength, stamina, flexibility, and balance, all the necessary features to keep you moving. Exercise also strengthens the muscles and ligaments that support the joints most involved with mobility. Your doctor or a trainer can help you find hip mobility exercises, shoulder mobility exercises, and knee mobility exercises to preserve and improve your freedom of movement. For healthy adults, guidelines recommend at least 150 minutes of moderate-intensity aerobic exercise per week, and twice-weekly strength training and balance exercises. Adults who cannot meet this minimum requirement because of existing mobility issues should try to be as physically active as their abilities and health allow. Some exercise is always better than none. Which exercises are best for mobility? Anything that gets the body moving and the heart pumping is beneficial. These include power walking, running, cycling, and swimming, as well as activities like water aerobics, dance classes, golf, kayaking, and pickleball. Building your muscle strength can improve mobility at all ages and fitness levels. The best way to increase strength is through weight training using dumbbells, barbells, kettlebells, medicine balls, weight machines, and even your own body weight. You should do weight training only after checking with your doctor, and then ideally get started with the help of a professional trainer. But once you learn the exercises, you can do workouts at home. Resistance training that uses straps or bands may be better suited for people with physical strength limitations. People often wonder about the difference between mobility and flexibility. To be clear, flexibility is a key part of maintaining mobility, and is the ability for joints to move freely through a range of motion and without pain. The gentle stretching and flowing movements of yoga, tai chi, and qi gong can help with mobility by improving flexibility, balance, and core strength. You can also perform home stretching workouts that focus on trouble spots like shoulders, hips, and knees. What aids help mobility? Many mobility aids allow you to stay active by improving stability and taking a load off painful hips or knees. The most common aids are canes and mobility walkers. Your doctor or physical therapist can tell you which one is appropriate for your needs, help you select the right type and size, and teach you how to use it. Local attractions and businesses are committed to providing seamless experiences for all visitors. Monuments, memorials, museums and cultural institutions passionately provide accessibility and adventure in equal measure. Use the resources below to plan a trip that suits you and your family's needs in the nation's capital. The DC Department of Motor Vehicles recognizes disability tags from other states, and cars bearing disability tags may park in any parking space designated for a disabled person or park for twice the posted time in any metered spaces (unless prohibited by the Red Top Meter Program). Metro prides itself on being one of the most accessible public transportation systems in the world. In addition to a comprehensive website outlining services available to mobility-challenged visitors, Metro has also compiled a downloadable guide to accessible transportation options throughout the region. ScootAround offers scooter and wheelchair rentals for a minimum of three days, weekly or for longer periods of time so that you can navigate the city and its site in comfort and ease. Call 1-888-441-7575 for details. Orthopaedic Mobility Rentals provides service daily, weekly or monthly rentals throughout the DC Metro area. Call 571-340-8961 for more information. E-MILE: The Electric Ride offers hourly rentals in DC. Call or text 702-919-0032 for more information. The Department of For-Hire Vehicles (DFHV) runs a program to increase the number of wheelchair-accessible vehicles. Rides can be booked by calling their hotline: 202-977-4928. To learn more about the program, visit DFHV's website. Medically and clinically reviewed by Jonathan Lee, MD and Dylan Peterson, PT, DPTMobility Definition and MeaningMobility refers to the ability to move joints and use muscles easily and comfortably. This is often broken down into two categories: functional mobility (the ability to perform certain tasks or activities) and joint mobility (the ability for a specific joint to perform a certain motion). In both cases, mobility includes physical stamina, strength, balance, coordination, and range of motion. Mobility is a critical aspect of function that affects overall quality of life. Mobility involves not only physical movement but also the independence and freedom to perform everyday activities without assistance. Good mobility is often associated with healthier aging and a lower risk of physical limitations. It’s integral to basic tasks such as walking, climbing stairs, and even simple movements like standing from a seated position.Factors Affecting MobilityVarious issues can affect your mobility, such as muscle length, joint structure, injuries or conditions, and age. Conditions like arthritis can limit mobility due to joint stiffness. Sprains in ligaments and strains in tendons can also limit mobility, as can conditions like tendinitis or bursitis. For instance, if you sprain your knee, you may notice that you’re not able to bend or extend it as far as you normally could. A rotator cuff injury may limit mobility in your shoulder, making it harder to rotate your arm fully to put on a jacket or reach for things overhead.As people age, they may experience changes in mobility due to factors like muscle weakness, joint problems, or neurological conditions. Mobility: A Hinge Health PerspectiveWhile injuries and conditions that affect mobility can be frustrating and feel limiting, there’s a lot you can do to improve the function and flexibility of your joints and muscles with targeted stretches and exercises. Your body is resilient and designed to recover from all sorts of conditions and injuries that may impact your mobility.Since mobility comes into play in so many aspects of the body’s mechanics and movements, regular physical exercise plays a vital role in maintaining and improving mobility. As our Hinge Health care team says, movement is medicine. Activities like stretching, strength training, and balance exercises can enhance muscle endurance, flexibility, and joint health, leading to better overall mobility. How Physical Therapy Can Help With MobilityPhysical therapy can aid in enhancing mobility. It’s particularly effective for those recovering from injuries or navigating health conditions. A physical therapist (PT) can create a specialized exercise plan aimed at boosting strength, improving flexibility, and increasing range of motion in order to optimize mobility and daily functioning. You can see a physical therapist in person or use a program like Hinge Health to access a PT via telehealth/video visit.How Hinge Health Can Help You If you have joint or muscle pain that makes it hard to move, you can get the relief you’ve been looking for with Hinge Health’s online exercise therapy program.The best part: You don’t have to leave your home because our program is digital. That means you can easily get the care you need through our app, when and where it works for you. Through our program, you’ll have access to therapeutic exercises and stretches for your condition. Additionally, you’ll have a personal care team to guide, support, and tailor our program to you. See if you qualify for Hinge Health and confirm free coverage through your employer or benefit plan here.This article and its contents are provided for educational and informational purposes only and do not constitute medical advice or professional services specific to you or your medical condition.ReferencesSatariano, W. A., Guralnik, J. M., Jackson, R. J., Marottoli, R. A., Phelan, E. A., & Prohaska, T. R. (2012). Mobility and Aging: New Directions for Public Health Action. American Journal of Public Health, 102(8), 1508–1515. doi:10.2105/ajph.2011.300631Vries, N. de, Ravensberg, C. van, Hobbelen, J. S., Rikkert, M. O., Staal, J. B., & Sanden, M. N. der. (2012). Effects of physical exercise therapy on mobility, physical functioning, physical activity and quality of life in community-dwelling older adults with impaired mobility, physical disability and/or multi-morbidity: a meta-analysis. Centre for Reviews and Dissemination (UK). ⌘Mobility. (n.d.). Harvard Health. Retrieved from ⌘ Expert Knowledge Experienced Care Personal Approach Custom Solutions Part of our commitment to you is living up to the trust you place in us. If we wouldn’t let our parents use it, we won’t sell it. Period. There’s no generics here, only products that we stand behind to be the best in the industry. When you work with Freedom Mobility Solutions you can rest assured that our products are reliable and safe not just for today but for the future. Renting your mobility equipment has never been easier! Select your mobility equipment rental, add to cart, and at checkout, choose your preferred pickup or delivery option. Effortlessly pay for your rental equipment through our user-friendly self-service checkout. Our technicians will deliver, install, and provide instruction on using your equipment on the scheduled date. In order to do this, we need to really understand your situation and identify the important factors to address all of your home accessibility, mobility and home care equipment needs. Customizing solutions is what we pride ourselves on. We want to become your Trusted Source. To do this we must earn it, and that's what we intend to do.We want to become an extension of your Care Team. Free "Know Your Options" Guide1 Free Diagnostic Consultation on equipment purchased from Freedom Mobility Soultions20% OFF all Replacement Parts20% OFF Rentals when repairs are being madeIn-Home Consultation*Seating Positioning Consultation*Our Expert Advice anytime*The $75.00 evaluation fee is credited to any equipment or service purchased. Freedom Mobility Solutions accepts CareCredit to make purchasing mobility equipment easier for you! Whether you're an existing CareCredit cardholder or need to apply, we offer this flexible financing option to help manage the cost of your mobility needs. No annual fee Promotional financing options available Accepted at over 270,000 locations nationwide Earn rewards with the CareCredit Rewards MastercardPlease note: CareCredit is valid for purchases only and cannot be used for rentals.Apply for Care Credit When you become a Freedom Mobility Customer, the service does not end at the sale. We want to make sure all of our customers are completely satisfied with their product and service. In order to do this, we need to really understand your situation and identify the important factors to address all of your home accessibility, mobility and home care equipment needs. Customizing solutions is what we pride ourselves on. We want to become your Trusted Source. To do this we must earn it, and that's what we intend to do.We want to become an extension of your Care Team. Free "Know Your Options" Guide1 Free Diagnostic Consultation on equipment purchased from Freedom Mobility Soultions20% OFF all Replacement Parts20% OFF Rentals when repairs are being madeIn-Home Consultation*Seating Positioning Consultation*Our Expert Advice anytime*The $75.00 evaluation fee is credited to any equipment or service purchased. It had an outstanding experience at Freedom Mobility of Hanover. Ty was far more than cordial; he was friendly and helpful. He addressed my needs, offered various options, and ultimately found the absolute best scooter to meet my mobility issues. I love love live Freedom Mobility!!! When you need to, see them first.Matthew F.Purchased a Scooter Sept. 2023 I have used Freedom Mobility in the past for a ramp install. Lisa, in the office, is incredibly knowledgeable and professional, with a whole lot of kindness added. She is a pleasure to work with.I specifically asked if Ty and Ray (the young guys☺) would be my installers since they had done such an awesome job the last time. As a courtesy, Ray called ahead to inform me they were on their way, with an estimated time of arrival. The guys showed up on time and in a short period of time, had my ramp installed to perfection. Ty and Ray made certain I was happy with the install and are always nice to chat with.Many thanks to Lisa, Ty and Ray.Lynn E.Ramp Install Jan. 2024 I rented a hospital bed in preparation for knee replacement surgery. The equipment was delivered and set up as promised. The technician, Quan, set up the equipment and explained the operating procedure for all the components on the bed. Quan returned once my pick-up appointment was set up, and the equipment was removed from my home with no issues. AAA+++ experience. Thank You!Angel L.Rented a Hospital Bed Dec. 2023 At Freedom Mobility Rehab, we are dedicated to empowering individuals with complex mobility needs through innovative, customized solutions that enhance independence and quality of life. Visit fmcomplexrehab.com to explore our specialized services, including Complex Power Wheelchairs, Custom Seating and Positioning, and Bariatric Options, tailored to meet your unique needs. Go to FmComplexRehab.com We offer seniors customized in-home or virtual fitness programs, designed collaboratively by highly experienced physical therapists and trainers, keeping in mind our clients individual health and fitness levels. 1-3 days: $159.00 Weekly: 4-7 days $ 212.00 Monthly: $424.00 Weight Weight Capacity Drive Range 95lbs 300 lbs. 7-12 miles of travel per charge based on average use by a 125 LB person on a flat surface. Weight Weight Capacity Drive Range 95 lbs. 300 lbs. 7-12 miles of travel per charge based on average use by a 125 LB person on a flat surface. Weight Weight Capacity Drive Range 110 lbs. 330 lbs. 7-12 miles of travel per charge based on average use by a 125 LB person on a flat surface. 1 day $159.00 2-3 days: $159.00 Weekly: 4-7 days $318.00.00 Monthly: $530.00 We offer daily, weekly and monthly rentals, within a minimum three-day rental required. We are excited to offer a number of rentalmedical equipment and mobility products to our local community and our visiting guests. We offer daily, weekly and monthly rentals, within a minimum three-day rental required. We are excited to offer our localcommunity and our visiting guests with a number of rental medical equipment and mobility product We offer daily, weekly and monthly rentals, within a minimum three-day rental required. 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The Mobility Experts in the Washington DC & Metro Area Thank you for choosing Express Mobility Services! We proudly offer the highest quality, top brand medical equipment and mobility products for rent in: Washington DC, Arlington, Alexandria & the surrounding Virginia & Maryland areas. Whether you are part of the local community, or here visiting, our mission is to provide you with a comfortable and affordable way to move from place to place. We provide affordable stair lifts, professionally installed and maintained by our certified experts. ABOUT OUR RENTAL OPTIONS Whether you are from the area or are here seeing all DC has to offer, we are more than happy to make getting around both easy and enjoyable. To learn more about our rental options, select any category below for information on products we rent. " I traveled to the DC Metro area at least 3 times a year for the past 4 years. I use Express Mobility Services for my scooter needs every time. They have been very reliable, punctual and have very competitive pricing. Once as I was getting ready for a meeting, before I left my hotel I had problem with the scooter I rented from them. When I called the company, the phone was answered immediately and their service man came within 20 minutes. He took care of the problem and I was able to get to my meeting on schedule. Their service men had good sense of urgency, he was very professional knowledgeable and courteous. I couldn't say that about any other company I have used before. I will recommend Express Mobility Services to anyone that needs their services. " " I rented a scooter last weekend form Express Mobility for the weekend and it was at my hotel when I arrived. It was clean and fully Charged. It was so nice having the Scooter at the hotel! The DC Metro public transportation were accessible. I did not have to worry about getting around to the Museums and National Parks. I was able to use my Scooter in Downtown DC also. I highly recommend renting from Express Mobility Services. " ASSOCIATED WITH THESE BRANDS At Express Mobility, We Provide A Free Quote for All Rentals & Services Thank you for contacting us.We will get back to you as soon as possible Oops, there was an error sending your message.Please try again later