

DAILY MOBILITY & FRC

What is FRC?

Functional Range Conditioning (FRC) is a system developed by Dr. Andreo Spina that builds joint health through strength and mobility at end range. Unlike passive stretching, FRC trains your nervous system to actively control your full range of motion, reducing injury risk and improving performance. CARs (Controlled Articular Rotations) are the daily maintenance practice; PAILs & RAILs are the strength-building technique.

Introduction to PAILs & RAILs

Educational video introducing PAILs and RAILs (Progressive and Regressive Angular Isometric Loading). Watch this before starting.

[Watch Video](#)

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PAILs / RAILs Summary

Demonstration of PAILs & RAILs technique with external hip rotation. Protocol: 2 min passive → 2 min PAILs → 10–15 sec RAILs. 2–3 sets.

CARs Morning Routine

Full-body Controlled Articular Rotations. Covers neck, thoracic, shoulder, elbow, wrist, hip, knee, ankle, and toes. Perform daily. By Dr. Spina.

[Watch Video](#)

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Lower Body Stretches

Full lower body stretch circuit. Perform at least 2x/week to maintain flexibility and prevent injury.

Upper Body Stretches

Full upper body stretch circuit covering neck, shoulders, chest, and upper back. Perform at least 2x/week.

[Watch Video](#)