



Name: Mr:-Hany shaker

Age: 45

Assessment Date: 4/9/2022

The clinical assessment for MR:hany shaker revealed Some hypo-mobility in the Lumber and Thoracic region.

1-lumbar region.

_limitation in flexion and side bending range of motion related to stiffness in the area of l2:l5 vertebras

_ Tight in the both QL muscle

2-Thoracic region.

_Decreased Thoracic Extension.

_Decreased Right Thoracic Rotation.

_Flexibility Assessment of the muscle showed that:-

_Tight hip flexor.

_both hamstring .

Recommend program .

It's preferable for Mr Hany to start to work on his mobility limitations regarding the Thoracic and lumber region specially to prevent any possible injuries for this region cause loss of mobility exhaust the discs and joints during the movement and might cause discomfort and pain in the future.

This could be done through a physiotherapy plan consist of muscle releasing techniques, joint mobilization and dry needling for five to ten sessions.

_Here is some links for the recommended exercises also you can do by yourself or with your coach.

For Thoracic mobility:-

<https://youtu.be/0CrX59ulj9U>

For Lumber mobility:-

<https://youtu.be/q9xS6YIHlYQ>

For Tight Hip Flexors:-

<https://youtu.be/7bRaX6M2nr8>

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