

**Name**: Shereen Hashish

**Age**:53

**Assessment Date**: 30/11/2022

The clinical assessment of Mrs. Shereen Hashish has shown that

there’s some hypo mobility of the thoracic region, Right scapular winging

,some rounded shoulders and weakness of core muscles.

**Thoracic Region:**

* Decreased in thoracic extension and rotation

**Right Scapula:**

* Winging and Anterior tipping of right scapula

**Lower back:**

* Weakness of core muscles and decrease in core stability

**Recommended Program:**

It’s recommended for Mrs. Shereen to start a program focusing on thoracic mobility exercises

, some scapular winging exercises , posture correction exercises and core stability exercises

**Exercises:**

**-Thoracic Region:**

 - Cat Curls ( Do it for 3 times a day for 10 reps)

* Door stretch ( Do it for 3-5 times daily holding 30 Sec)
* Mid back rotations ( Do it for 3 times daily for 10-12 reps ). **- Scapular Winging Exercises:**
* I/V/T/W exercise ( Do each for 10 reps 3 times a day)
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