



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)

