



**FTNS**

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## **LIVE PHYSIO CLINIC**

**Name: Mr. Omar ELghoneimi**

**Assessment Date: 1/11/2023**

The client has cervical disc with no radiation, all Range of motions are free.

### **\_Flexibility Assessment for the lower limb muscles has shown that:**

Hamstrings and calf muscles are good and flexible

#### **Recommended program:**

It's recommended for the client to start a program who will focus on strengthening and to increase the load progressively and to start 6 sessions program of physiotherapy, one session every 2 weeks or 10 days.

#### **Precautions:**

- 1- Not advised to do overheads, no chest press.**
- 2- Not advised to do exercises on upper traps and to take care of compensation while doing exercises for shoulder**
- 3- No shoulder shrugs**

#### **Some recommended exercises for upper back:**

1-



#### DOOR STRETCH

Stand in a walking position, side on to a doorway or corner. Bend your elbow and support the forearm against the door frame. Gently rotate your upper trunk away from the arm until the stretching can be felt in the chest muscles

Do it 3-5 times per day and hold 20-30 sec

2-



#### MID BACK ROTATION

Kneeling down on both knees, sit back on your heels and stretch your arms out straight on the floor ahead of you. Stretch out as far as you can. Now move your arms to the side and hold and then walk them to the opposite side and hold.

Do it 3-5 times per day and hold 20-30 sec

3-



#### CAT CURLS

On all fours, with hands under shoulders and knees under hips. Start in a table position with hip bones facing the floor. Breathe in as you let the spine curve inwards i.e. move your belly towards the floor, pull your shoulder blades together and lift head up. Breathe out as you tuck your chin in and curve your back upwards towards the ceiling. Don't hold each position and make sure you go slowly up and down your spine one vertebrae at a time.

Do it 3 sets per day

#### 4- Thoracic Foam roll:



**Thoracic foam roll:** place the foam roll beneath your upper spine as shown. Put your forearms together to clear your shoulder blades. Exhale while you roll over the foam. Spend 1-2 mins.

#### 5- Rib rolls:



**Rib rolls:** lie on your side as shown. Tack down your top knee with opposite hand. Use top hand to grab opposite side of ribcage. Exhale and rotate. Use hand to assist rotation. Perform 10 on each side.

Do it 3 sets