



Name: Mr. Anas Malek

Assessment Date: 13/10

The clinical assessment for Miss Farah revealed Some hypo-mobilitythe Thoracic region and tight in hamstrings and Quadriceps and calf muscles

1-Thoracic region.

_Decreased Thoracic Extension and limitation in rotation

2- Shoulder.

Rounded shoulder with tight pectoralis muscles

_ Flexibility Assessment of the muscle showed that:

_Tight hip flexor.

_both hamstrings.

_ calf muscles

Recommendedprogram.

It's recommended for Mr. Anas to start a program who will focus on mobility of thoracic and lower back mobility and to focus on flexibility of lower limb muscles as hamstrings and calf muscles and Quadriceps.

Some recommended exercises for his flexibility:

HALF KNEEL HIP FLEXOR STRETCH

Place a pillow or foam pad under knee for comfort.

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

Repeat 3 Times *Hold 30 Seconds*
Complete 1 Set *Perform 1 Times a Day*



SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Repeat 3 Times *Hold 30 Seconds*
Complete 1 Set *Perform 1 Times a Day*

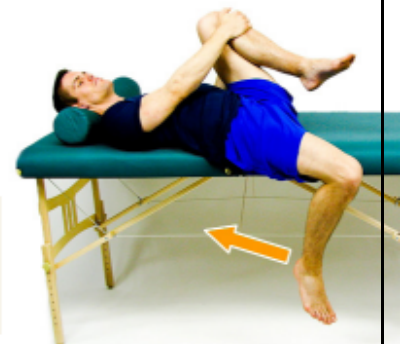


HIP FLEXOR STRETCH 4

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, slowly bend your affected knee to add more stretch and grasp your opposite knee and pull it towards your chest.

Repeat 3 Times *Hold 30 Seconds*
Complete 1 Set *Perform 1 Times a Day*



PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Repeat 3 Times Hold 30 Seconds

Complete 1 Set Perform 1 Times a Day



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.

Repeat 3 Times Hold 30 Seconds

Complete 1 Set Perform 1 Times a Day



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