



FTNS

LIVEPHYSIO CLINIC

Name: Mr. Walid El sallab

Assessment Date: 4/11

The clinical assessment for Mr. Walid revealed Some limitation

- 1- In the right ankle, there is ankle sprain happened 8 days ago, so it makes some limitation in range of motion specially dorsiflexion, some pain in eversion.
- 2- limitation in Lower back mobility as he avoids using his lumbar region, there is no radiation in lower limbs because of 3 discs.
- 3- In the cervical area (HEAD), Rotation is limited, as well as extension, and side bending are limited in lower part due to 3 cervical discs.
- 4- Core assessment, there is weak core muscles.
- 5- In the upper back, there is some limitations in flexion and extension due to 2 thoracic disc.

RECOMMENDED PROGRAM:

it's recommended for the client to start a program of 12 physiotherapy sessions (3 times per week), to work on his Range of motion in ankle and neck and upper back and to work on core and to gain flexibility.

RECOMMEDED EXERCISES FOR NECK PAIN and back mobility:

1-



SCALENE

Sit with your right hand holding edge of chair. Place your left hand over your right collarbone to stabilize. Pull chin back, tip ear toward left shoulder, turn to look over left shoulder and hold. Repeat on right side.

MODIFICATION: Begin in the same position, but now tip left ear to left shoulder, and tip head back as if drinking out of a cup.

Do the stretch 3-5 times per day hold each time 20 seconds

2-



UPPER TRAPEZIUS

Sit with right hand holding edge of chair. Move chin towards chest, tilt your left ear toward your left shoulder turn right to look up toward the ceiling. Left hand can be used for overpressure-**DON'T PULL**.

d Repeat to right side.

Do the stretch 3-5 times per day hold each time 20 seconds

3-



LEVATOR SCAPULAE

Sit with right hand holding edge of chair. Tip chin towards chest, tip ear toward your left shoulder and nose toward your left armpit. Left hand can be used for gentle overpressure-**DON'T PULL**. Alternate.

For a deeper stretch: Lift right arm up and place hand behind neck. Avoid shrugging. Tilt left ear toward left shoulder, turn head to left, and bend chin down. Alternate.

Do it 3-5 times per day hold each time 20 seconds

4-Stretching for rounded shoulders



PECTORALS

Stand either in a doorway or facing a corner. Place your palms/forearms on each side of the corner or doorframe. Place one foot in front of the other and lean your chest forward and hold. Support your body with your legs, not with your arms. Keep your head and chest up in a good posture.

Do it 3-5 times per day hold each time 20 seconds

6-



DOUBLE KNEE TO CHEST

Lie on your back, knees bent and feet flat on floor. Bring both knees toward your chest pulling gently with your hands and hold.

Do it 3-5 times per day hold each time 20 seconds