34 ANALYSIS WORKSHEET

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| **NAME OF ORIGINAL EXERCISE** |  |
| 1. Level of difficulty (based on JP Version) |  |
| 1. Purpose e.g.   stability – flexibility – scapular control – trunk control |  |
| 1. Relaxing, energising, strength, flexibility |  |
| 1. Plane of movement |  |
| 1. Joint action/s |  |
| 1. Imagery |  |
| 1. Adaptations |  |
| 1. Regressions |  |
| 1. Progressions |  |
| 1. Contraindications |  |
| 1. Risk rating 1 – 5 |  |
| 1. Modification (for risk) |  |
| 1. Key Principles |  |
| 1. Fundamentals – how to apply / interpret |  |
| 1. **Key** teaching points |  |
| 1. Alternatives |  |
| 1. Suggested breath pattern |  |
| 1. Integration of small equipment |  |