34 ANALYSIS WORKSHEET

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| **NAME OF ORIGINAL EXERCISE** |  |
| 1. Level of difficulty (based on JP Version)
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| 1. Purpose e.g.

stability – flexibility – scapular control – trunk control |  |
| 1. Relaxing, energising, strength, flexibility
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| 1. Plane of movement
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| 1. Joint action/s
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| 1. Imagery
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| 1. Adaptations
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| 1. Regressions
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| 1. Progressions
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| 1. Contraindications
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| 1. Risk rating 1 – 5
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| 1. Modification (for risk)
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| 1. Key Principles
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| 1. Fundamentals – how to apply / interpret
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| 1. **Key** teaching points
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| 1. Alternatives
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| 1. Suggested breath pattern
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| 1. Integration of small equipment
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