34 ANALYSIS WORKSHEET

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| **NAME OF ORIGINAL EXERCISE** |  | Risk rating 1 – 5  **Or 1-3** |  |
| Level of difficulty (based on JP Version) – do you like it? Is it on your “yes” pile! |  | | |
| Purpose(s) e.g.  stability – flexibility – scapular control – trunk control |  | | |
| Relaxing, energising, strength, flexibility |  | | |
| Plane of movement |  | | |
| Joint action/s |  | | |
| Imagery |  | | |
| Adaptations |  | | |
| Regressions |  | | |
| Progressions |  | | |
| Contraindications |  | | |
| Modification (for risk) |  | | |
| Key Principles |  | | |
| Fundamentals – how to apply / interpret |  | | |
| **Key** teaching points |  | | |
| Alternatives |  | | |
| Suggested Principle breath pattern |  | | |
| Integration of small equipment |  | | |