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 |  |