

Name

Date

First Name

Last Name

Month

Day

Year



THE WALL-SQUAT

CASE 1: My arms touch the wall.

CASE 2: My knees collapse inwards.

CASE 3: I'm falling backwards.

- **EXERCISE 1:** mobilisation of the thoracic spine & shoulders
- **EXERCISE 2:** strengthening the hip abductor muscles
- **EXERCISE 3:** mobilisation of the ankle joints

THE FLOOR TOUCH

CASE 1: I feel a tension in the back.

CASE 2: I slightly/strongly bend my knees.

CASE 3: I shift my bodyweight backwards.

- **EXERCISE 1:** stretching the back muscles
- **EXERCISE 2:** stretching the hamstring muscles
- **EXERCISE 3:** stretching the calves muscles

THE WALL BRIDGE

CASE 1: Your lower back bends extensively.

CASE 2: You feel an intense bend in your middle back.

CASE 3: You cannot straighten your arms.

- **EXERCISE 1:** mobilisation of the thoracic spine
- **EXERCISE 2:** stretching the hip flexor muscles
- **EXERCISE 3a:** mobilisation of the shoulder joints
- **EXERCISE 3b:** mobilisation of the wrist joints

THE WALL HUG

SHOULDERS: I touch the wall with my hands.

SPINE: I shift my upper body to the side.

HIPS: I rotate my feet.

- **SHOULDERS:** stretching the pectoral muscles
- **SPINE:** mobilisation of the thoracic spine
- **HIPS:** stretching the hip rotator muscles

MOBILITY SESSION 1

MOBILITY SESSION 2

MOBILITY SESSION 3

MOBILITY SESSION 4

MOBILITY SESSION 5

MOBILITY SESSION 6

MOBILITY SESSION 7

MOBILITY SESSION 8