

**APPI EQUIPMENT LEVEL 1 LUMBO-PELVIC CASE STUDY:****NAME:** \_\_\_\_\_

35yo office worker with long standing, mild LBP (max 3/10 VAS) has recently started training for a half marathon and noticed an increase in his mild central LBP and occasional lateral right knee pain the day after running. He reports that his spinal flexion is limited by hamstring 'tightness' and on assessment he has poor control of his single leg squat. You also notice that on sitting he has a posteriorly titled pelvis and mild thoracic kyphosis.

- Develop a 6 exercise introductory session for this client
- Develop a 3 exercises home exercise programme
- With each exercise discuss the reasoning behind your choice and the main cues you would use
- List any modifications you would consider
- List a suitable starting dosage including load, reps and sets.

	No.	Exercise	Modifications & Dosage	Cue(s) Used
<b>Intro Session</b>	1			
	2			
	3			
	4			
	5			
	6			
<b>HEP</b>	1			
	2			
	3			

	No.	Clinical Reasoning for each exercise
Intro Session	1	
	2	
	3	
	4	
	5	
	6	
HEP	1	
	2	
	3	