

## PERIODIZATION REPORT

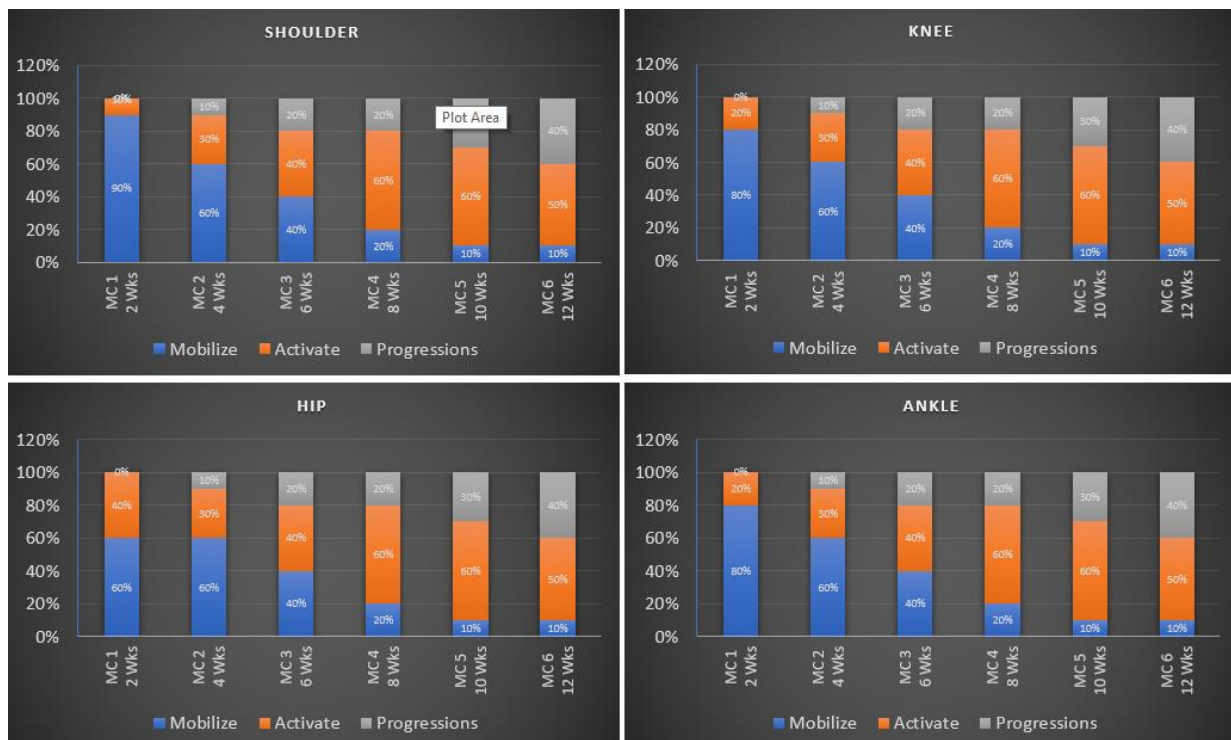
This report is intended to give an overview of the approach we will take over the next 3 months.

Name	Age	Programme Period
Col. Krishna Sinha	73 Yrs	3 M
<b>Clinical Observation</b>		
K/C/O Lumbar Spine Discectomy and bilateral TKR		

## CLINICAL APPROACH

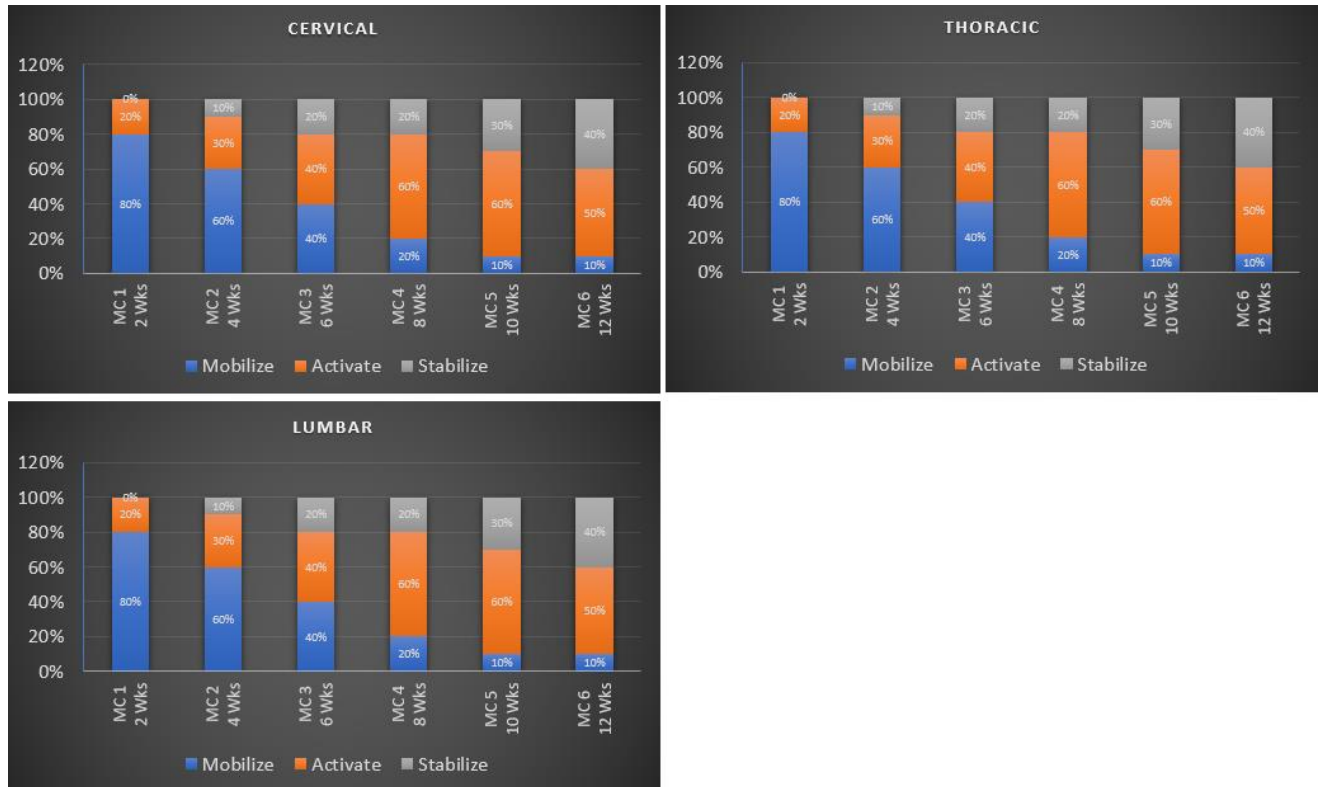
Joints	Programme	Spinal	Programme	Physiology	Programme
Shoulder	Mobilize	Cervical	Mobilize	Cardiovascular	Beginner
Knee	Activate	Thoracic	Activate	Blood Parameters	
Hip	Activate	Lumbar	Activate	Nutrition	
Ankle	Activate	SI Joint	Activate		

## JOINTS PERIODIZATION



**Note:** The above graphs represent a 12 Week Plan broken down into 2 WK Microcycles (MC 1, MC 2 etc). Each Joint needs a specific approach depending on your goals and hence you may notice that they may be in different phases of programmes i.e. Mobilize, Activate & Progressions depending on your specific condition

## SPINE PERIODIZATION



**Note:** The above graphs represent a 12 Week approach for your Spinal Vertebrae broken down into 2 WK Microcycles (MC 1, MC 2 etc). Each Vertebral Segment needs a specific approach depending on your Goals and hence you may notice that they may be in different phases of programmes i.e. Mobilize, Activate & Stabilize depending on your specific condition

## Programme Comments

Our focus over the next 3 months will be to work extensively on your Balance & Gait. The Joints & Spine programmes have been made accordingly. Additional Cardiovascular programmes will be prescribed from time to time. A detailed Nutrition Programme and Diet Plan shall be shared separately

### Programme Plan

Dr. Radha Kousadikar  
MPT

### Review By

Dr. Neha Gidwani  
MPT

### Date

15 June 2021

## PROGRAMME OVERVIEW

### JOINTS

Phase	Programme	Shoulder	Knee	Hip	Ankle
<b>Mobilize</b>	Joint Mobility, ROM	Manual Releases, Wall Slides, Stick Variations, Towel Variations	Manual release, knee ROM, Patellar mobilization	Hip ROM exercises for hip flexors, extensors, abductors, adductors, Internal and external rotators, manual release	ROM exercises for ankle plantar flexors, dorsiflexors, invertors, evertors,
<b>Activate</b>	Muscle Activation - Scapular	Retractors, Protractors, Depressors, Isometrics - Thera/ WTs/ Cables	Static exercises and dynamic ROM exercises- quadriceps, hamstrings , multiple angle isometrics, with weights and <u>theraband</u>	Hip static and dynamic strengthening exercises for hip flexors, extensors, abductors, adductors, Internal and external rotators , with WTS, <u>theraband</u>	Static and dynamic strengthening exercises for ankle plantar flexors, dorsiflexors, invertors, evertors , intrinsic foot muscles, with WTs, <u>theraband</u>
<b>Progressions</b>	Dynamic Tasks, Balance & Proprioception	SA Activations, Wall Programmes, Stability Ball Variations	Knee proprioception, stability exercises, single leg balance	Stability, proprioception , gait training	Proprioception, balance, stability

### SPINE

Phase	Programme	Cervical	Thoracic	Lumbar	Sacroiliac joint
<b>Mobilize</b>	Joint Mobility, ROM	Manual Releases, Wall Slides, Stick Variations, Towel Variations	Thoracic ROM, ball release, manual release, foam roller release	ROM exercises for lumbar flexors, extensors, side flexors, rotators	ROM exercises for sacroiliac joint- modified , Swiss ball variations
<b>Activate</b>	Muscle Activation - Scapular	Retractors, Protractors, Depressors, Isometrics - Thera/ WTs/ Cables	Thoracic extension exercises, scapular stabilizer exercises.	Static and dynamic strengthening exercises for lumbar flexors, extensors, side flexors, rotators	Strengthening exercises for muscles around SI joint
<b>Stabilize</b>	Dynamic Tasks, Balance & Proprioception	SA Activations, Wall Programmes, Stability Ball Variations		Core strengthening, Pelvic floor muscles strengthening	