

## PERIODIZATION REPORT

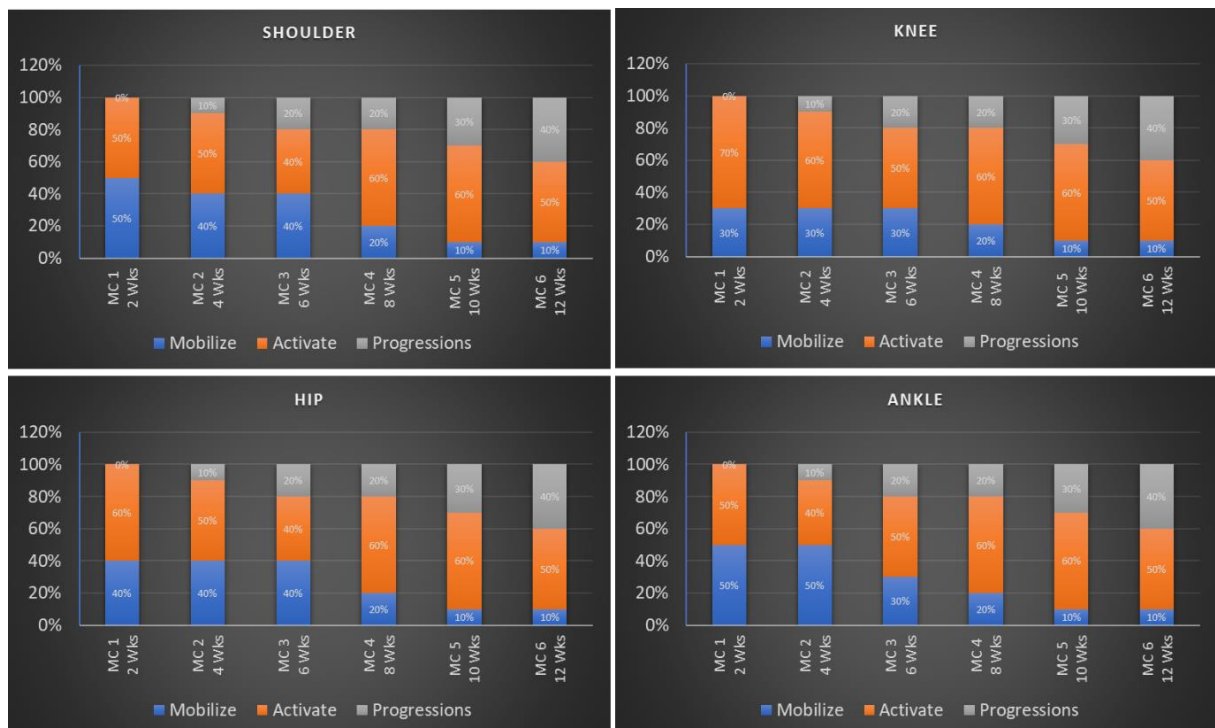
This report is intended to give an overview of the approach we will take over the next 3 months.

Name	Age	Programme Period
Sapana Kochar	55 Yrs	3 M
<b>Clinical Observation</b>		
OA knee, Supraspinatus tendinitis, carpal tunnel syndrome		

## CLINICAL APPROACH

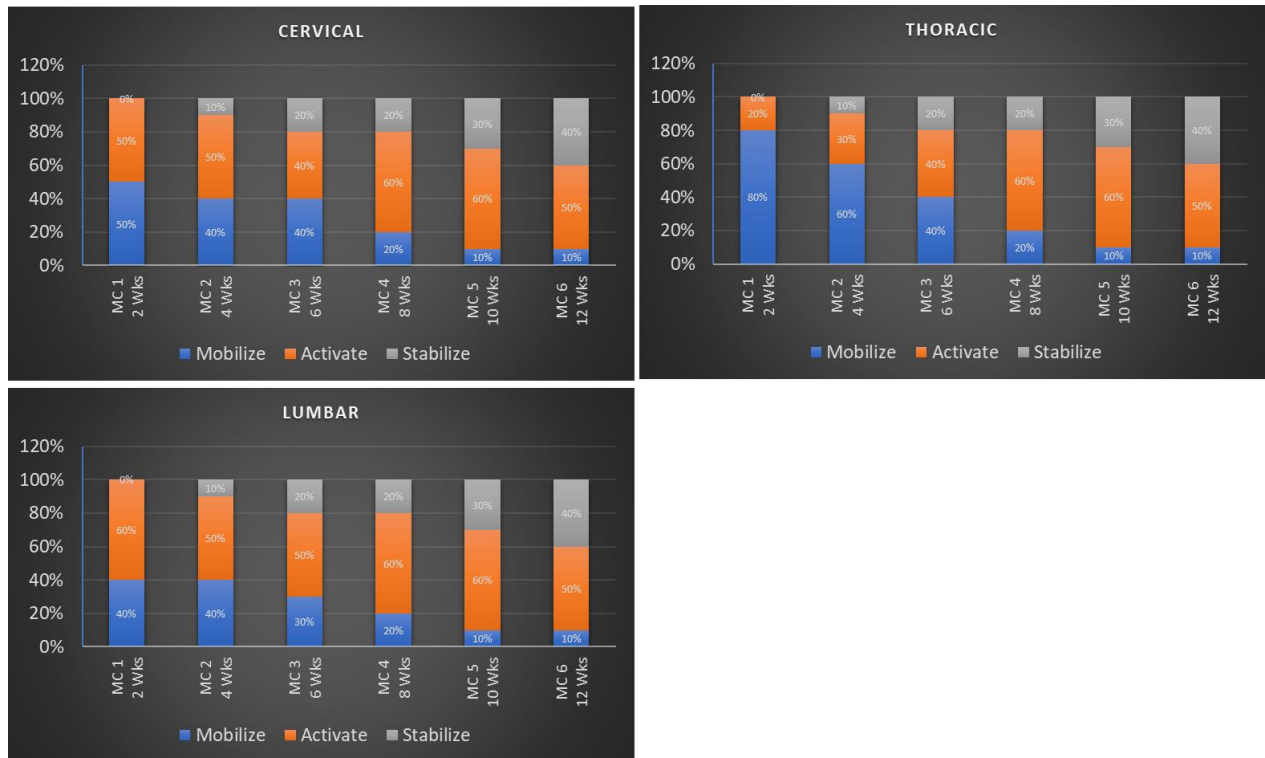
Joints	Programme	Spinal	Programme	Physiology	Programme
Shoulder	Activate	Cervical	Activate	Cardiovascular	Beginner
Knee	Activate	Thoracic	Mobilize	Blood Parameters	
Hip	Activate	Lumbar	Activate	Nutrition	
Ankle	Activate	SI Joint	Activate		

## 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 strength training focusing on hip, knee and ankle. Also the focus would be there on maintaining the scapular, neck and shoulder muscles strength which will prevent the complications associated with cervical spondylosis. The program would be progressed as per the strength status and flexibility status of you and compound activities would be added as per the requirement. 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

*Radha*

### Programme Plan

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### Review By

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### Date

2 August 2021