




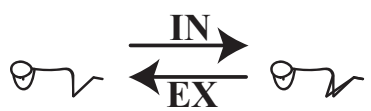





## Client Movement Observation (Peter Student)

<p>1</p> 	<p>PELVIC TILT. Wide ROM in both directions, consistent abdominal contraction on EX.</p>
<p>2</p> 	<p>WIND RELEASE POSE/APANASANA. Equal range of motion on both sides. R leg moves inward toward the midline of the body when he pulls his knees in.</p>
<p>3</p> 	<p>SUPINE LEG EXTENSION. Consistent trajectory and smooth movement in the L hip, inconsistent trajectory and restricted movement in the R hip. P. reports feeling a stronger pull in the hip flexors when his R leg is fully extended.</p>
<p>4</p> 	<p>SUPINE HAMSTRING STRETCH. Limited range of movement on both sides. R leg seems more restricted. P. reports a stronger pull in the R side of the lower back when his R leg is extended up.</p>
<p>5</p> 	<p>RECLINING BOUND ANGLE / SUPTA BADDHA KONASANA. Pronounced difference in movement on R and L side. The R leg doesn't move out as far and moves in much faster than L.</p>
<p>6</p> 	<p>CLAM SHELL. The range of movement is similar on R and L sides. P. reports significant discomfort and resistance in the R hip (while lying on the L side) when the R knee moves up.</p>
<p>7</p> 	<p>SUNBIRD POSE/CHAKRAVAKASANA. Wide ROM in the lumbar curve. Places more weight on his R knee. P. reports feeling a stronger pull on the R side of the lower back when the tailbone is down.</p>
<p>8</p> 	<p>COBRA/BHUJANGASANA. Unable to keep the pelvis grounded. R hip lifts off the ground when the upper body goes up. Reports feeling tension on the R side of the back and in the R hip flexors.</p>
<p>9</p> 	<p>SUNBIRD POSE/CHAKRAVAKASANA. Same as above, reports feeling less pull on the R side of the lower back.</p>

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10		<p>ONE-LEGGED CAMEL POSE/EKAPADA USTRASANA. P. reports that the R hip feels much stronger and more painful. With R foot forward: R knee leans in, upper body turns to the R, tendency to “hang” on the R hip. With L foot forward: L leg looks unsteady, reports tension in R hip flexors.</p>
11		<p>KNEELING POSTURE / VAJRASANA TWISTING VARIATION. Tends to place more weight on the R knee, limited R hip extension, limited torso rotation to the L.</p>
12		<p>WIDE-LEGGED STANDING FORWARD BEND/PRASARITA PADOTTANASANA. Places more weight on the R foot. Limited leg extension on both sides. P. reports feeling a stronger pull in the R hamstrings. Upper body leans to the R when both knees are bent. Reports feeling stronger sensations in the R hip (inner and outer).</p>
13		<p>CONSCIOUS BREATHING. Able to maintain deep breathing through the nose (IN/EX about 8 sec). Tendency toward chest breathing. Gets distracted easily by his thoughts.</p>