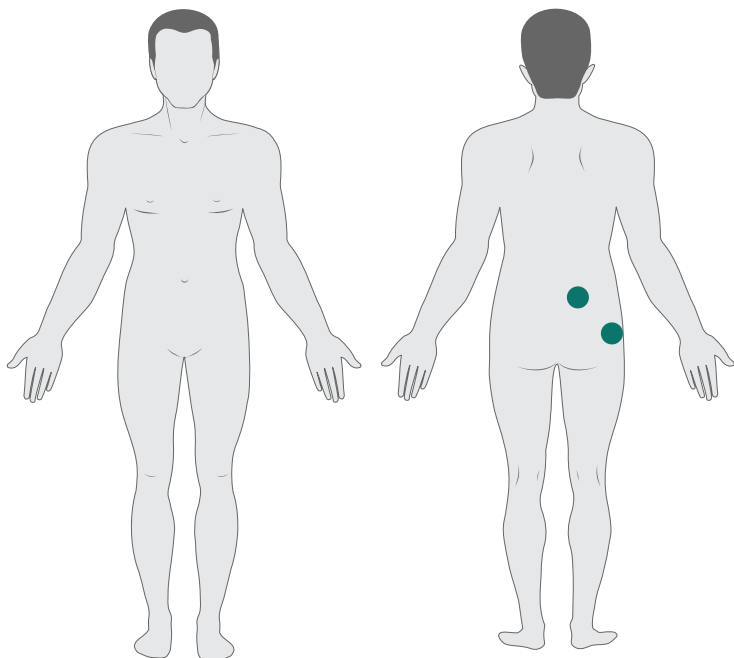


Date March 05, 2024Time 12:00:00

Student: Peter Student

Main areas of concernLower back and R hip**Subjective**

P. experiences regular hip and back discomfort after work. He explained that as an electrician, he spends most of his day standing on a ladder, looking up and working on the lights in the ceiling. He said, "That's my day — get up the ladder, work on the ceiling light, get off the ladder, move the ladder, get up the ladder..." P. demonstrated how he picked up the ladder by lunging forward with his R leg, leaning on it, twisting his entire upper body to the R, and lifting the ladder from the outside of his R leg. At one point his R leg was supporting most of his body weight, the weight of the ladder, and propelling all that weight upwards. His R knee leaned inward in the process. I asked him to pretend to do the same thing on the other side of the body, as if the ladder was to his L. He was not able to do that. His L leg wouldn't support the weight, his torso couldn't rotate that far to the L, and the whole movement felt very awkward and unstable.

Objective

Explore structural asymmetries and identify hypotonic muscles

Goal	<u>Improve form for P's habitual kneeling position to strengthen weak muscles</u>
Asana	<u>Ekapada Ustrasana to strengthen the hips (including abductors), kneeling Parsvottanasana to stretch the hamstrings, kneeling twist to improve spinal rotation, Vimanasana to strengthen the lower back and stabilize the sacrum</u>
Breath	<u>Connect breath and movement, deepen the breath (esp. exhalation) to help unwind after work</u>
Attention	<u>Pay close attention to differences between the R and L sides of the body, avoid hyperextending the hip and knee joints</u>
Other	<u></u>

Assessment

P. was amazed at how asymmetrical his body felt in torso rotation and hip strength and stability. It was clear that at work he was overusing his R leg to support the weight of his body and the ladder while at the same time repetitively twisting his torso while holding the ladder. This created a significant imbalance between the R and L sides of his body. After reviewing his gym routine, it became clear that his movement patterns from work followed him to the gym and were exacerbated by his gym routine. P. reported feeling immediate relief in his lower back and hip discomfort following our session.

Plan

Do a short yoga practice after work before the workout at the gym. The practice mimics the movements that he did at work with better form and more body awareness. The practice is meant to strengthen the muscles on the L side of his body, to release chronic tension in his lower back and R abductors, and to develop more symmetry between the two sides. The practice is supposed to “neutralize” the asymmetrical load on his body at the end of his workday so that his gym workout would be more effective in strengthening his body.

Homework assignment

Home yoga Short yoga practice to be done after work before going to the gym 4x/week

Lifestyle P. committed to lifting the ladder from both sides throughout the day.

Plan for next session

No follow-up session was scheduled. The student will return at a later date if necessary.

Other
