

This case study forms part of your Certification Exam to become an APPI fully certified instructor. Below you will find the template for you to complete your case study.

(Please complete this interactive PDF digitally and upload your case study along with your video)

**Provide us with a brief overview of your client:**

**Overall aims/objectives of the session:**

- 1)
- 2)
- 3)

An example is provided for reference below:

Client's case overview:

*" 28 y.o. male, 400m runner, presents to physiotherapy with a 6 month history of recurrent low back pain radiating into the left hamstring. Back and hamstring pain aggravated after a 30 minute running training session. Initial assessment revealed piriformis syndrome, which has now resolved with soft tissue management. Patient now reports central mild low back pain following a training session. The 5 key elements have been taught".*

Overall aims/objects of the session (example):

- 1) Improve mobility of the thoracic spine
- 2) Increase lower abdominal strength and control
- 3) Retrain correct gluteal activation in extension

**Exercises selected for the session:**

Please list below the exercises you have chosen to deliver in your session in the order taught in your video submission. You are required to include a minimum of 10 exercises to outline your session, but do feel free to add more pages as you see fit in case you would like to include further exercises.

Use the following guide to provide all necessary information for each of your chosen exercises:

**1) Exercise Name:**

- Three main watch points of the exercise:

1)

2)

3)

- Main aims of this exercise:

- Muscle slings used in this exercise:

- Reason for selection:

- Reason for the order of the exercise chosen:

- Provide 1 variation of this exercise, at this level, that you can use to make it harder. Should you judge necessary, you are welcome to use any small equipment in this selection.

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2) Exercise Name:

- Three main watch points of the exercise:

1)

2)

3)

- Main aims of this exercise:

- Muscle slings used in this exercise:

- Reason for selection:

- Reason for the order of the exercise chosen:

- Provide 1 variation of this exercise, at this level, that you can use to make it harder. Should you judge necessary, you are welcome to use any small equipment in this selection.

- Provide 1 variation of this exercise, at this level, that you can use to make it easier. Should you judge necessary, you are welcome to use any small equipment in this selection.

3) Exercise Name:

- Three main watch points of the exercise:

1)

2)

3)

- Main aims of this exercise:

- Muscle slings used in this exercise:

- Reason for selection:

- Reason for the order of the exercise chosen:

- Provide 1 variation of this exercise, at this level, that you can use to make it harder. Should you judge necessary, you are welcome to use any small equipment in this selection.

- Provide 1 variation of this exercise, at this level, that you can use to make it easier. Should you judge necessary, you are welcome to use any small equipment in this selection.

4) Exercise Name:

- Three main watch points of the exercise:

1)

2)

3)

- Main aims of this exercise:

- Muscle slings used in this exercise:

- Reason for selection:

- Reason for the order of the exercise chosen:

- Provide 1 variation of this exercise, at this level, that you can use to make it harder. Should you judge necessary, you are welcome to use any small equipment in this selection.

- Provide 1 variation of this exercise, at this level, that you can use to make it easier. Should you judge necessary, you are welcome to use any small equipment in this selection.

5) Exercise Name:

- Three main watch points of the exercise:
  - 1)
  - 2)
  - 3)
  
- Main aims of this exercise:
  
  
  
  
  
  
  
  
  
  
- Muscle slings used in this exercise:
  
  
  
  
  
  
  
  
  
  
- Reason for selection:
  
  
  
  
  
  
  
  
  
  
- Reason for the order of the exercise chosen:
  
  
  
  
  
  
  
  
  
  
- Provide 1 variation of this exercise, at this level, that you can use to make it harder. Should you judge necessary, you are welcome to use any small equipment in this selection.
  
  
  
  
  
  
  
  
  
  
- Provide 1 variation of this exercise, at this level, that you can use to make it easier. Should you judge necessary, you are welcome to use any small equipment in this selection.

6) Exercise Name:

- Three main watch points of the exercise:
  - 1)
  - 2)
  - 3)
  
- Main aims of this exercise:
  
  
- Muscle slings used in this exercise:
  
  
- Reason for selection:
  
  
- Reason for the order of the exercise chosen:
  
  
- Provide 1 variation of this exercise, at this level, that you can use to make it harder. Should you judge necessary, you are welcome to use any small equipment in this selection.
  
  
- Provide 1 variation of this exercise, at this level, that you can use to make it easier. Should you judge necessary, you are welcome to use any small equipment in this selection.

7) Exercise Name:

- Three main watch points of the exercise:

1)

2)

3)

- Main aims of this exercise:

- Muscle slings used in this exercise:

- Reason for selection:

- Reason for the order of the exercise chosen:

- Provide 1 variation of this exercise, at this level, that you can use to make it harder. Should you judge necessary, you are welcome to use any small equipment in this selection.

- Provide 1 variation of this exercise, at this level, that you can use to make it easier. Should you judge necessary, you are welcome to use any small equipment in this selection.

8) Exercise Name:

- Three main watch points of the exercise:
  - 1)
  - 2)
  - 3)
  
- Main aims of this exercise:
  
  
  
  
  
  
  
  
  
  
- Muscle slings used in this exercise:
  
  
  
  
  
  
  
  
  
  
- Reason for selection:
  
  
  
  
  
  
  
  
  
  
- Reason for the order of the exercise chosen:
  
  
  
  
  
  
  
  
  
  
- Provide 1 variation of this exercise, at this level, that you can use to make it harder. Should you judge necessary, you are welcome to use any small equipment in this selection.
  
  
  
  
  
  
  
  
  
  
- Provide 1 variation of this exercise, at this level, that you can use to make it easier. Should you judge necessary, you are welcome to use any small equipment in this selection.

9) Exercise Name:

- Three main watch points of the exercise:

1)

2)

3)

- Main aims of this exercise:

- Muscle slings used in this exercise:

- Reason for selection:

- Reason for the order of the exercise chosen:

- Provide 1 variation of this exercise, at this level, that you can use to make it harder. Should you judge necessary, you are welcome to use any small equipment in this selection.

- Provide 1 variation of this exercise, at this level, that you can use to make it easier. Should you judge necessary, you are welcome to use any small equipment in this selection.

10) Exercise Name:

- Three main watch points of the exercise:
  - 1)
  - 2)
  - 3)
  
- Main aims of this exercise:
  
  
  
  
  
  
  
  
  
  
- Muscle slings used in this exercise:
  
  
  
  
  
  
  
  
  
  
- Reason for selection:
  
  
  
  
  
  
  
  
  
  
- Reason for the order of the exercise chosen:
  
  
  
  
  
  
  
  
  
  
- Provide 1 variation of this exercise, at this level, that you can use to make it harder. Should you judge necessary, you are welcome to use any small equipment in this selection.
  
  
  
  
  
  
  
  
  
  
- Provide 1 variation of this exercise, at this level, that you can use to make it easier. Should you judge necessary, you are welcome to use any small equipment in this selection.