

**Assessment Week:**

**DOWNWARD DOG**



**Assessor's Comments:**

Shoulders directly above hands; spine rounded; legs bent and unable to rise up onto toes or press heels towards the ground.

Suggests limited mobility through spine, hamstrings, calves and ankles

**Log Book Week 6**



**Assessor's Comments:**

Marked Progress: Shoulders slightly pushed back towards legs; back still rounded; legs not fully extended but look stronger; lifting up through ankles high onto toes; whole posture looks stronger and has a more engaged, mobile, relaxed look; athlete appears more aware of posture

Suggests increasing strength, mobility and proprioceptive awareness

**Log Book Week 7**



**Assessor's Comments:**

Further improvement: noticeably more extension through shoulders and upper spine; legs appear slightly straighter despite the feet being less plantarflexed than in previous photograph therefore requiring greater stretch through hamstrings and calves; strong, engaged; more relaxed posture

Suggests further improvement in strength and mobility

**Log Book Week 9**



**Assessor's Comments:**

Much improved: good extension through shoulders and spine; pelvis high; legs straighter; relaxed, engaged

Suggests improvement in overall mobility plus able to do longer dog as stronger in core and shoulders

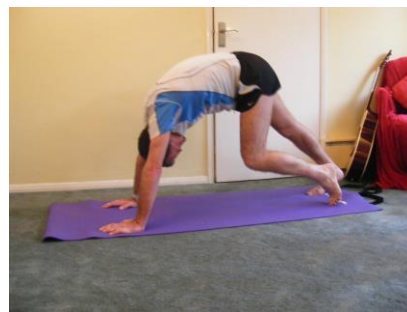
## WALK THE DOG

### Log Book Week 2

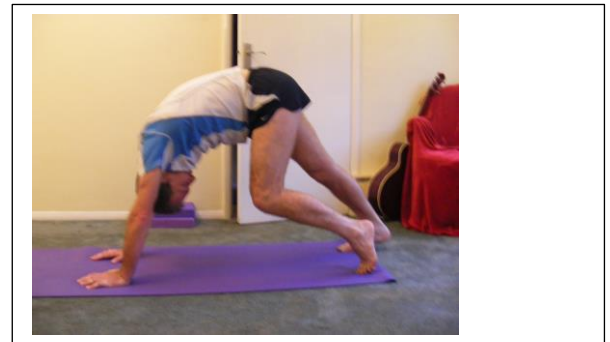


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### Log Book Week 6



### Log Book Week 7



#### **Assessor's Comments:**

As pushes heel to ground, shows greater extension through shoulders than in Downward Dog; heel coming closer to the ground in weeks 6 and 7 than in week 2 suggesting increased mobility in calves and ankles

#### **Athlete's Feedback:**

**Downward Dog:** Pleased with improvement. Better angle of shoulders and less rounded back, better hip and feet mobility; greater strength in shoulders – means more flexible when running; better efficiency of movement; improved core strength will give a better base to push off from.

**Walk The Dog:** Significant difference in ankle and calf flexibility; left calf was injured and this has been good rehabilitation for the injury – benefited from this as released scar tissue and fibrosity in muscle; released tension in muscle with the movement