

Assessment Week



Log Book Week 5



Assessor's Comments:

Athlete unable to sit upright on the block.

No extension through lumbar spine; collapsed posture; marked kyphosis in thoracic spine; shoulders rounded forwards and hunched; neck and chin pushed forwards giving feeling of tension

legs bent – unable to straighten them due to tight hamstrings

Assessor's Comments

Athlete almost upright sitting on block.

Extension and lift through lumbar spine; thoracic kyphosis less evident; shoulders more relaxed and pulled back; neck and head held in a position more in line with the spine; looks more relaxed

Legs still bent - unable to straighten them fully due to tight hamstrings

Athlete's Feedback:

The athlete was shocked at the degree of thoracic kyphosis seen at assessment week and very surprised to see the difference and improvement between the two photographs. He feels that the tightness of his hamstrings is holding him back from improving further.

Believes this improvement in his posture and spinal mobility explains why his running posture has improved, he feels more flexible and his movements feel more fluid.