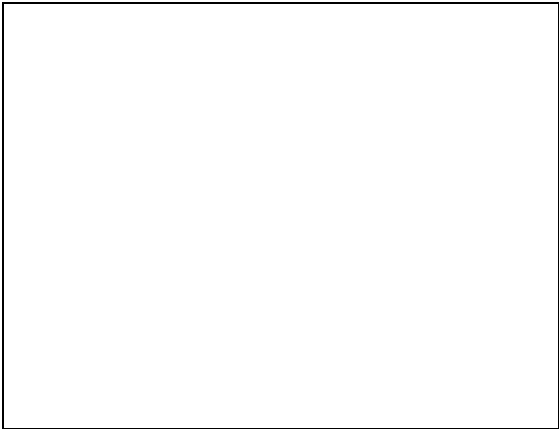


# Evening Client Avatar



Age/Gender: \_\_\_\_\_

Occupation: \_\_\_\_\_

Structural Needs: \_\_\_\_\_

Desired Outcome: \_\_\_\_\_

Environment of practice/resources: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# PM Sequencing Template

\*\*Combination of all movement directions, emphasizing EX, FB and TW with repetition stay patterns (slower reps and higher stays in FBs and TWs) to relieve lower back stress and arm adaptations to relieve stress in upper back neck shoulders

Neutral Position	Kneeling	IN => <= EX	____x, stay _____
	Prone	IN => <= EX	____x, stay _____
Transition	Kneeling	IN => <= EX	____x, stay _____
	Standing	IN => <= EX	____x, stay _____
Transition	Kneeling	IN => <= EX	____x, stay _____
	Prone	IN => <= EX	____x, stay _____
	Seated	IN => <= EX	____x, stay _____
	Supine	IN => <= EX	____x, stay _____