

## C.A.S.E - Collaborative Approach to the Science of Exercise

Information taken using the ESSA Adult Pre-Screening Tool

**Client:** Lisa

**Gender:** Female

**Age:** 51

**BMI:** 26

**Occupation:** Receptionist

**Goal:** To improve overall fitness in order to pass the defense force Physical Fitness Assessment

### Current Lifestyle:

- working a 9 to 5 job currently
- 2 older children, 1 who has moved out of home
- Recent depression due to cycling accident and splitting up with her partner (high stress)

### Current Physical Activity:

- Able to Deadlift 105kg (1.4 x BW) prior to taking 12 weeks off with the injuries sustained from the accident
- Resistance training for 1 to 2 years prior to injury 12 weeks ago
- Long walks (60+ minutes) 3-4 days per week

### Current Injuries/contraindications:

- Broken collar bone (3 months)
- Rotator cuff and AC joint injury
- Lack of abduction/external rotation of the shoulder
- Grade 1 soleus tear (left side)

### Further information

- Low blood pressure

### Initial Performance Testing Data

- Beep Test
- Maximum Push-ups
- Maximum Ring Rows
- Maximum Sit-ups
- Broad Jump

### Injury History:

- Torn hamstring (4 years)
- Frequent lateral patella dislocations (15 years)