

# YOU & ME Joint Looseners Recording System WORKBOOK

This Workbook contains reproducible activity sheets that coincide with the 'YOU & ME Joint Looseners and Variations of the Special Needs' Handbook. There are 22 illustrated Looseners that provide the basic instructions, benefits and cautions, along with a section for any notes for the student's health and safety etc. In addition there are 7 YOU & ME Joint Looseners recording charts that comprise the YOU & ME Joint Looseners Recording System - which is fully explained in the 'YOU & ME Joint Looseners and Variations of the Special Needs' Handbook.

Instructions are given above the illustration of each stage of the movement. Teaching tips are also given underneath the illustration. The initial instructions given in italics explain how to begin the Loosener. Once students have started the movement, only the illustrations written in **bold type** will be needed.

Each of the 22 Loosener sheets indicate CAUTIONS for students with specific health problems and guidelines for referral to the student's physiotherapist or medical advisor before practice. BENEFITS are also given which can accrue from the Loosener technique, depending on the student's amount of practice.

Awareness of the body is developed through practice of the Loosener techniques which increase the range of movement in the joints. Each Loosener is to be practised up to three times, or three times successively on each side, or three times on alternate sides.

These sheets are reproducible in order to accommodate trainers and parents. Once a trainer has devised an individual's programme plan, these sheets can be used in the workplace and/or home to allow for on-going practice.

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YOU & ME is a registered trademark belonging to Maria Gunstone, the originator of the system.

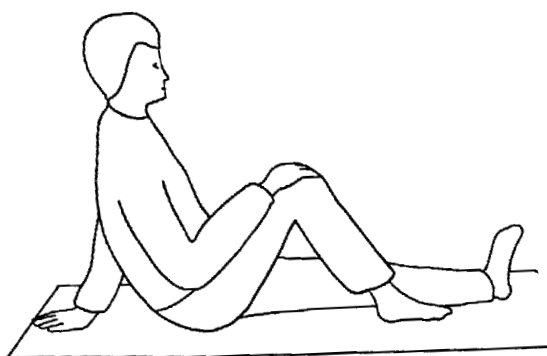
## Knee bend

Red

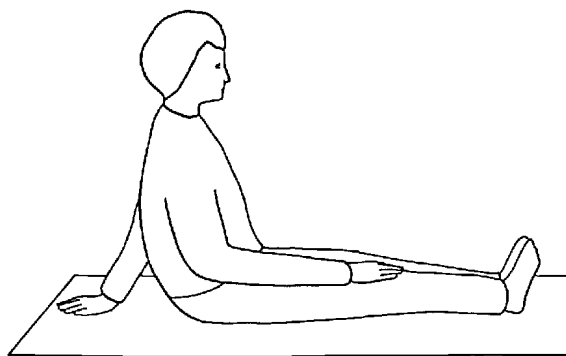
*Sit with legs out in front, hands behind to prop up the back.*

*Then put one hand on the knee.*

**Bend knee up.**



**Straighten leg to floor.  
Repeat 3 times on each leg.**



Tip: Using both hands behind to prop up the back will give greater support, if needed.

Notes:

### BENEFITS

- Bending the knee helps to improve flexibility in the knee, hamstrings, and hip.

### CAUTIONS

Knee bend Loosener should not be performed without obtaining professional advice if the student has the following problem:

- Acute sciatica.



# Trainers Whole-Body Looseners Practice Record

Trainer ..... Student/Class (J.B.) .....

Date	Looseners completed							Comments
00.00.00	C	B	L	A	A	C	4	
00.00.00	✓	✓						<i>Not too happy about doing movement.</i>
00.00.00	✓	✓						<i>Excited about holding on to chair-back.</i>
00.00.00	✓	✓	✓					
00.00.00	✓	✓	✓					
00.00.00	✓	✓	✓	✓				<i>Right arm quite strong.</i>
00.00.00	✓	✓	✓	✓				
00.00.00	✓	✓	✓	✓	✓			<i>Assisted students left arm up.</i>
00.00.00	✓	✓	✓	✓	✓			
00.00.00	✓	✓	✓	✓	✓			
00.00.00	✓	✓	✓	✓	✓	✓		<i>J.B. had difficulty moving right foot on the plastic bag doing Circle Ankle (F).</i>
00.00.00	✓	✓	✓	✓	✓	✓		<i>This session was happier moving each foot on the plastic bag.</i>
00.00.00	✓	✓	✓	✓	✓	✓	✓	
00.00.00	✓	✓	✓	✓	✓	✓	✓	
00.00.00	✓	✓	✓	✓	✓	✓	✓	<i>Looked up when doing 4-way Neck movement.</i>
00.00.00	✓	✓	✓	✓	✓	✓	✓	
00.00.00	✓	✓	✓	✓	✓	✓	✓	<i>During the last two weeks J.B. has gained more confidence about moving the arms and legs.</i>
00.00.00	✓	✓	✓	✓	✓	✓	✓	