Yoga as a Therapeutic Modality

How to Integrate Yoga into your Rehabilitation Program
What is Yoga?
A Philosophy
Over 5,000 years old.
NOT
A Religion
Yoga in Advertising

“...I pledge to take care of myself in order to become the best parent I can be.”

“...I pledge to sneak more healthy foods into my family’s diet.”

“...I pledge to turn off the TV and reinstate family fun time instead.”

BETTER HEALTH FOR MORE PEOPLE is the idea behind healthymagination — and it is also the goal of National Women’s Health Week. This May, join thousands of women as they take an active role in their health and the health of their loved ones through a Pledge for Better Health. To make your pledge, visit:

familycircle.com/healthpledge or Facebook

imagination at work

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Improve gait without making kids feel ‘broken’
Patellofemoral pain in children and teens

PLUS:
• Bilateral long-jump training
• Care for patellar dislocations
• Whole body vibration for ITW
This is not yoga. It's HIS yoga.
What is YOUR yoga, TODAY?
Words fail to convey the total value of YOGA.

It has to be experienced.

B.K.S. IYENGAR
Yoga as Medicine

Yoga is 99 percent practice,
One percent theory.

Pattabhi Jois
YOGA (YOKE) UNION

- Improves the Physical body
- Calms the Mental body
- Connects with the Spiritual body

- Union of Body, Breath and Spirit

- “Yoga Citta Vritti Nirodhah” - Control of the fluctuations in the mind.
UNTAP THE POWER OF THE
MIND-BODY CONNECTION

THE WAVE OF MEDICAL FITNESS:
don’t get left behind

MIND-BODY PROGRAMS
that complement your training
Fitness Business 101:
A PFP 2015 7-part special series

JOURNEY TO SUCCESS
Jacey Gengenbach:
Inspiring life after adversity
Eight limbs of Yoga

- Yamas (5 virtues or social restraints)-
  noninjury, truthfulness, non-stealing, Godlike conduct, nonclinging.

- Niyamas (5 personal restraints)-
  purity/cleanliness, contentment, heat/reuniting with the creator, self-study, devotion or surrender to the Lord.

- Asanas (Postures)

- Pranayama (Breathe Control)

- Pratyahara (Withdrawal of the senses)

- Dhyana (Meditation)

- Dharana (Focused Concentration)

- Samadhi (Ultimate Bliss/Ecstasy/self realization)
Paths of Yoga

- Bhakti Yoga (Devotional)
- Jnana Yoga (Wisdom)
- Karma Yoga (Service)
- Raji Yoga (King/Sutras of Patanjali/Ashtanga)
- Mantra Yoga (Sound)
- Hatha Yoga (Ha-Tha) (Sun-Moon)
7 Chakras (Wheels)

- Energetic Anatomy
- 7 vortices
- Line up along the central energy channel (nadi)
- Base of spine to the top of the head
- Associated with colors, emotions, and physical manifestations
- Prana (lifeforce energy/kundalini)
- Solar plexus is in the center
Bandhas (Energy Gates)

- **Mulabandha** (root lock) Pelvic Floor
- This stops the downward flow of the lifeforce/energy, *apana*, so that it may equalize the upward flow of *prana*.
- **Uddiyana** (abdominal lock) Tranverse Abdominus
- **Jalandhara** (throat lock)
Pranayama
Yogic Breathing

- The Natural Breath
- Diaphragmatic Breathing
- Full Yogic Breathing
- Ujjayi Breathing
- Alternate Nostril Breathing (right side stimulates sympathetic NS and left side stimulates parasympathetic NS)
- Kabalabhati Breathing
DRISTI- Gaze Point

- Maintains focus (mental)
- Improves Eye Muscle
- Stimulates the parasympathetics
- Directs the Movement
- Improves Balance
- Increases Awareness and Decreases Distraction

The dristi works in conjunction with the breath and bandhas to deepen the yoga practice, TRISTANA, 3-fold.
Happiness through focus, clarity and the breath.

HAPPINESS IS...
yoga, yoga
and more yoga.
Who can't do yoga?

Only the lazy!
## Conditions that benefit from Yoga

<table>
<thead>
<tr>
<th>Medical Condition</th>
<th>Number of People Reporting</th>
<th>Percentage Helped by Yoga</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcoholism</td>
<td>26</td>
<td>100</td>
</tr>
<tr>
<td>Anxiety</td>
<td>838</td>
<td>94</td>
</tr>
<tr>
<td>Arthritis and Rheumatic Disorders</td>
<td>589</td>
<td>90</td>
</tr>
<tr>
<td>Asthma or Bronchitis</td>
<td>226</td>
<td>88</td>
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<tr>
<td>Back Disorders</td>
<td>1,142</td>
<td>98</td>
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<tr>
<td>Cancer</td>
<td>29</td>
<td>90</td>
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<tr>
<td>Diabetes</td>
<td>10</td>
<td>80</td>
</tr>
<tr>
<td>Duodenal Ulcers</td>
<td>40</td>
<td>90</td>
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<tr>
<td>Heart Disease</td>
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<td>94</td>
</tr>
<tr>
<td>Hemorrhoids</td>
<td>391</td>
<td>88</td>
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<tr>
<td>High Blood Pressure</td>
<td>150</td>
<td>84</td>
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<tr>
<td>Insomnia</td>
<td>542</td>
<td>82</td>
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<tr>
<td>Menopausal Disorders</td>
<td>247</td>
<td>83</td>
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<tr>
<td>Menstrual Problems</td>
<td>317</td>
<td>68</td>
</tr>
<tr>
<td>Migraine</td>
<td>464</td>
<td>80</td>
</tr>
<tr>
<td>Neurological and Neuromuscular Diseases</td>
<td>112</td>
<td>96</td>
</tr>
<tr>
<td>Obesity</td>
<td>240</td>
<td>74</td>
</tr>
<tr>
<td>Premenstrual Syndrome</td>
<td>848</td>
<td>77</td>
</tr>
<tr>
<td>Smoking</td>
<td>219</td>
<td>74</td>
</tr>
</tbody>
</table>

*Source: The Yoga Biomedical Trust, London*
### Scientific Studies

**Some of the Health Conditions Shown by Scientific Studies to Benefit from the Practice of Yoga**

<table>
<thead>
<tr>
<th>Health Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcoholism and Other Drug Abuse</td>
</tr>
<tr>
<td>Anxiety</td>
</tr>
<tr>
<td>Asthma</td>
</tr>
<tr>
<td>Attention Deficit Hyperactivity Disorder</td>
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<tr>
<td>Cancer</td>
</tr>
<tr>
<td>Carpal Tunnel Syndrome</td>
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<tr>
<td>Chronic Obstructive Pulmonary Disease (e.g., Emphysema)</td>
</tr>
<tr>
<td>Congestive Heart Failure</td>
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<tr>
<td>Depression</td>
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<tr>
<td>Diabetes</td>
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<tr>
<td>Drug Withdrawal</td>
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<tr>
<td>Eating Disorders</td>
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<tr>
<td>Epilepsy</td>
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<tr>
<td>Fibromyalgia</td>
</tr>
<tr>
<td>Heart Disease</td>
</tr>
<tr>
<td>High Blood Pressure</td>
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<tr>
<td>HIV/AIDS</td>
</tr>
<tr>
<td>Infertility</td>
</tr>
<tr>
<td>Insomnia</td>
</tr>
<tr>
<td>Irritable Bowel Syndrome</td>
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<tr>
<td>Menopausal and Perimenopausal Symptoms</td>
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<tr>
<td>Mental Retardation</td>
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<tr>
<td>Migraine and Tension Headaches</td>
</tr>
<tr>
<td>Multiple Sclerosis</td>
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<tr>
<td>Neuroses (e.g., Phobias)</td>
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<tr>
<td>Obsessive-Compulsive Disorder</td>
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<tr>
<td>Osteoarthritis (Degenerative Arthritis)</td>
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<tr>
<td>Osteoporosis</td>
</tr>
<tr>
<td>Pain (Chronic)</td>
</tr>
<tr>
<td>Pancreatitis (Chronic)</td>
</tr>
<tr>
<td>Pleural Effusion (Fluid Collection in the Lining of the Lung)</td>
</tr>
<tr>
<td>Post–Heart Attack Rehabilitation</td>
</tr>
<tr>
<td>Postoperative Recovery</td>
</tr>
<tr>
<td>Post-Polio Syndrome</td>
</tr>
<tr>
<td>Pregnancy (Both Normal and Complicated)</td>
</tr>
<tr>
<td>Rheumatoid Arthritis</td>
</tr>
<tr>
<td>Rhinitis (Inflammation of the Nose)</td>
</tr>
<tr>
<td>Schizophrenia</td>
</tr>
<tr>
<td>Scoliosis (Curvature of the Spine)</td>
</tr>
<tr>
<td>Sinusitis</td>
</tr>
<tr>
<td>Tuberculosis</td>
</tr>
<tr>
<td>Urinary Stress Incontinence</td>
</tr>
</tbody>
</table>
Physical Therapy Benefits

- Strength
- Flexibility
- Range of Motion
- Balance/Coordination
- Pain reduction
- Trunk/Pelvic Stability
- Posture
- Function
CENTERED. BALANCED. SECURE.

While ROHO’s SELECT Series cushions may not provide divine enlightenment, they are changing what people can do in a wheelchair. Our revolutionary GOTO Memory Control™ dramatically increases function by providing unprecedented stability and postural control. This technology allows a customized, adjustable fit no matter the activity. It’s perfect for every lifestyle, shape and size. With a simple twist of a knob, our QUADRO® and CONTOUR models adjust to give you amazing stability and versatility, without sacrificing skin protection.

SIT DOWN AND TAKE NOTICE.

1-800-851-3449 www.therohogroup.com

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Other Known Yoga Benefits

- Digestion
- Circulation/Respiration
- Neurologic (neural tension)
- Anti-anxiety/Stress (lowers Cortisol)
- Brain Health (Activates the prefrontal cortex)
- Confidence builder
- Balances the Sympathetic and Parasympathetic nervous system/ improves the Endocrine System
- Urogenital / Hemorrhoidal Conditions
Yoga for Performance and Prevention
Types of Poses

- Balancing poses
- Standing poses
- Sitting poses
- Reclining poses (supine, prone, sidelying)
- Kneeling poses
- Quadriped poses
- Forward/Backward/Lateral Bending poses
- Twists
- Inversions
Asanas (Postures)

LETS BEGIN CLASS IN "UP-HUMAN".

Observe the fluctuations of the mind.
Do not become them.

yogas citta-vrtti-nirodah, yogas citta-vrtti-nirodah
Yoga Sequences

- Sun Salutation A/Surya Namaskara A
- Sun Salutation B/Surya Namaskara B
- Vinyasa (Flow)
YOGA SEQUENCES
Iyengar Yoga

- Focuses on Alignment
- Maintains the Postures for 2-3 minutes
- Uses props
- Most aligned with PT (my opinion)
Props

- Chairs
- Walls
- Wedges
- Blocks
- Bolsters
- Straps
- Blankets
YOGA THERAPY
THE GOAL OF YOGA
(No, it’s not the Handstand).

The yoga pose is not the goal. Becoming flexible is not the goal. Standing on your hands is not the goal.

The goal is to create space where you were once stuck. To unveil the layers of protection you’ve built around your heart. To appreciate your body and become aware of the mind and the noise it creates. To make peace with who you are. The goal is to love, well… You.

Come to your yoga mat to feel; not to accomplish. Shift your focus and your heart will grow.

-Rachel Brathen-
LUNCH

Avocado Sun Salutation
The Safety of Yoga: A systemic Review and Meta-analysis of Randomized Controlled Trials

Holger Cramer; Lesley Ward; Robert Saper; Daniel Fishbein; Gustav Dobos; Romy Lauche

Am J Epidemiology. 2015;182(4):281-293
“Overall, the frequency of adverse events in the yoga groups was relatively low: 2.2%, 10.9%, and 0.6% for intervention-related, non-serious, and serious effects, respectively.”
A man once told Buddha,

"I want happiness."

Buddha replied,

"First, remove 'I'; that's ego.
Then remove 'want'; that's desire.
And now all you're left with is

Happiness."
Injury Prevention
Many Types of Yoga Practices

- Ashtanga
- Bikram/Barkan/Hot Yoga
- Kundalini
- Gentle/Restorative
- Iyengar
- Vin/Hatha
- Vinyasa/Power Yoga
- Many other styles
"to perform every action artfully is yoga."
- swami kripalu
Indications/Contraindications

- Eye Disorders
- Cervical
- Carpal Tunnel
- Osteoporosis
- Hypermobility
- OA/RA
- Pregnancy
- Scapula

- Shoulder
- Elbow/Epicondylitis
- Hip (Labrum)
- SIP/Piriformis
- HNP
- Facet/Stenosis
- Patella Alignment
- Foot problems
Adjustments/Suggestions

Use of Props
Modified Positions
Spotting/Guiding
Walls/Chairs
Meditation

Listen to your body. It's smarter than you.
Meditation

- Stills the mind
- Improves the Immune system
- Improves Concentration
- Stimulates the Parasympathetics
- Emotional Release
- Improves Clarity
- Improves Intuition
Types of Meditation

- Self meditation
- Guided Meditation
- Yoga Nidra
- Divine Sleep
- Mindful Meditation
Thank you