Does Yoga Have a Place in Physical Therapy?

By Barbara Vees
What is Yoga?

- Yoga means union.
- A yoga practice can balance body, mind, emotion and spirit.
- Yoga can relieve disease and stress.
- One aspect of yoga is a series of poses, called asanas.
- Yoga breathing technique is pranayama.
• Ha means sun.
• Tha means moon.
• Masculine and feminine energies bring harmony.
• Hatha yoga is a gentle form of exercise that can make you look and feel better.
Why Yoga?

- Holistic
- Relatively safe
- Modifiable
- Ancient
Cat and Cow
Sun Salutation
Forward Bend
Warrior Lunge
Cobra
Downward Facing Dog
Stretches

- Bridge
- Piriformis
- Supine Twist
Ending the Practice

• Corpse Pose
• Sitting Prayer
A young, active Physical Therapist suffers disc herniation at L5-S1.

It happened during a yoga practice.

She was unaware of the tightness in her body, specifically hip flexors and external rotators.

She was determined to stay active and sought out proper yoga training.
• Purna Yoga was her way back to an active lifestyle.
• Founded by Aadil and Mirra Palkhivala.
• Emphasizes alignment and awareness of the body.
• Encourages looking deeper into causes of an injury.
Five Stages of Healing

• Re-Align: Identify what is tight and weak and correct it.
• Create Space: Open up the tight structures and surrounding connective tissue to reduce joint and nerve compression
• Re-educate: Identify faulty movement patterns that contribute to the imbalances and learn how to move in a different way.
• Stabilize: Once the structure is aligned, stabilize.
• Practice: Be consistent for long-term results and transformation.

http://www.embody-physical-therapy-yoga-san-diego.com/?p=374
Outcome Measures

- Pain Scale
- ROM
- MMT
References

1) Yoga is a religious practice.
2) Anyone can do any pose.
3) Breathing is a big part of yoga.
4) Poses are specific and cannot be modified.
5) Yoga may help reduce stress.
6) All poses are named for animals.
7) Yoga is currently being used in Physical Therapy practices.
8) Yoga is an ancient, holistic form of exercise.
1) Was the speaker comfortable with the information presented?
2) Did the speaker make eye contact?
3) Did the speaker present the information in an interesting and understandable way?
4) Was the speaker appropriately dressed?
5) Did the presentation leave you wanting to know more on the topic?
6) Did this presentation fit the purpose of an In-Service?
7) Did this presentation make you want to try yoga?
8) What would have made this presentation better?