


Yoga: an Intervention for Prevention and Wellness in Occupational Therapy



Introduction

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Romania-Yang Spiral

Gratitude

- ▶ GAOTA
- ▶ Georgia Occupational Therapy Political Action Group
- ▶ Tracy Swartz, OTD
- ▶ Amy Shaffer, MA, COTA/L
- ▶ Clients and friends that have been with me for almost 15 years of my journey here in the U.S.A.

What is yoga?

- ▶ Yoga is an ancient Indian knowledge and philosophy.
- ▶ The word "Yoga" comes from the Sanskrit word "yuj" which means "to unite or integrate".



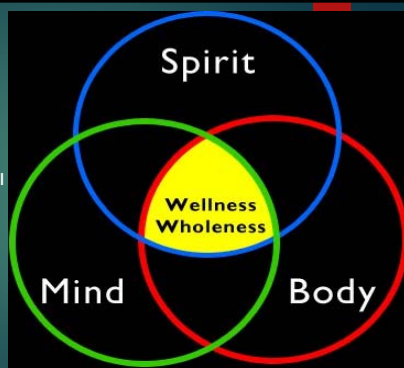
Yoga History



- ▶ Origins unknown
- ▶ Developed in India 200 BC to present day
- ▶ Many yoga poses were invented by copying animals


Philosophy

- ▶ One of the first holistic approaches to health
- ▶ Not a religion, but spiritual
- ▶ Yoga – to unite the powers of body, mind and spirit




Yoga does not fix everything

- ▶ A journey of combining strength, flexibility, focus, correct posture and movement.
- ▶ Connection with your own body to receive feedback
- ▶ Your body is the best instructor



The principals of yoga




Balance

Focus

Control

Oneness



Yoga

Stretch-Flex-Strength-Mobility-Stability

How many postures are in yoga?



Yoga-Joes

Certified Yoga Instructor versus Continuing Education Units

- ▶ Many yoga schools require that you always teach their way, pay a regular fee and recertify in order to remain an instructor.
- ▶ There are yoga instructors from famous schools without any education in anatomy, psychology, pathology.
- ▶ With CEUs there is a one-time fee and no continuing fee or commitment to include yoga in OT practice.
- ▶ CE courses with an instructor who has a deep knowledge of anatomy are especially beneficial.

Yoga, an OT tool

<http://occupationaltherapy.com.au/yoga-occupational-therapy/>



The Better Way to Get Back Pain Relief



► <https://www.consumerreports.org/back-pain/the-better-way-to-get-back-pain-relief/>

Which Treatment or Advice Was Helpful*

YOGA OR TAI CHI INSTRUCTOR	89%
MASSAGE THERAPIST	84%
CHIROPRACTOR	83%
PHYSICAL THERAPIST	75%
NEUROLOGIST	67%
ACUPUNCTURIST	66%
ORTHOPEDIST OR ORTHOPEDIC SURGEON	65%
PRIMARY CARE DOCTOR	64%
RHEUMATOLOGIST	61%

*Based on a nationally representative Consumer Reports survey of back pain sufferers who said they had consulted with the professional for advice or treatment.


ABC of safety

- Shoes
- Always
- Be
- Comfortable

► Dr. Paul Lam
<https://taichiforhealthinstitute.org/>



Yoga styles & derivatives




- Hatha
- Iyengar
- Kundalini
- Ashtanga
- Vinyasa
- Yin
- Restorative
- Anusara
- Jivamukti

- Bikram
- Prenatal
- Pilates
- Gyrokinesis
- Barre
- Stretch & Flex
- Stretch to be Fit
- Goat Yoga

Gyrokinesis - Juliu Horvath

- ▶ born in Romania
- ▶ dancer in New York
- ▶ developed a new set of exercises from yoga - Gyrokinesis



Yoga

- ▶ Relaxation
- ▶ Restoration
- ▶ Strength
- ▶ Stability
- ▶ Flexibility
- ▶ Fluidity



Pose 1: Penguin

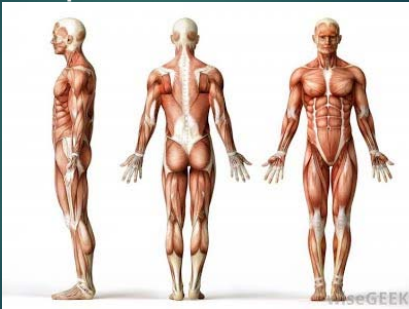
- ▶ feet hip-width apart, feet aligned with **knees**
- ▶ knees slightly bent, lower back flat
- ▶ arms straight beside with palms facing **forward**
- ▶ shoulders back and down
- ▶ tuck in the shoulder blades
- ▶ chin in, parallel to the floor
- ▶ engage the core: abdomen, buttocks, **pelvic floor**
- ▶ look up ahead and smile ☺



The posture idea

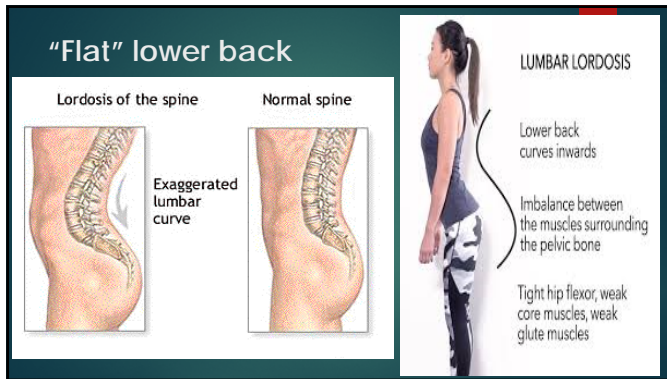
- ▶ Many people do not contract their muscles when holding postures or during different activities, relying many times on the attachments (ligaments, tendons).
- ▶ The result is injuries of the spine, a weak gait that affects the hip, weak hand grip, even damage to the joint - especially the shoulder.
- ▶ The loss of muscle fibers provides less support for the joints.
- ▶ I suggested clients correct posture, contract the muscles, and keep the contraction when performing any activity.
- ▶ The results were great, so the penguin pose was born.

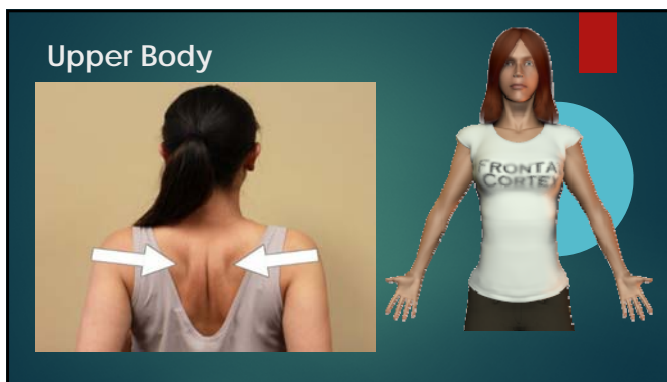
Anatomical position

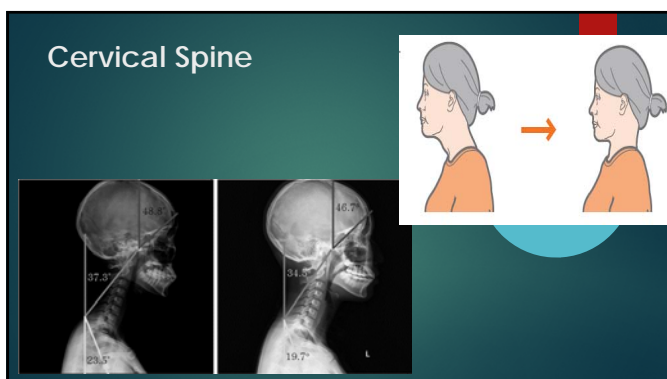


Ankles,
knees,
and hips









Core

- ▶ Abdomen
- ▶ Buttocks
- ▶ Pelvic floor

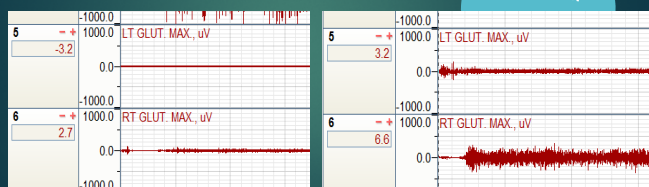
▶ David Lemke
functional NeuroMuscular Training (fNMT)
<https://davelemke.us>



Gluts - Kinesiological EMG measurement of muscle activity

Before - regular contraction

After-intentional contraction



Therapeutic effects of Penguin Pose

- ▶ Keeps the spine in a correct posture and the joints in the "sockets"
- ▶ Engages the muscles correctly for performing any activity of daily living
- ▶ Releases the damaging stress from the vertebrae and joints for a good stress of the muscles



Up Human



Cautions – example 1



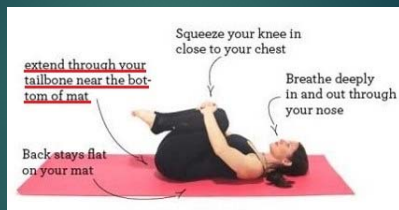
Cautions – example 2



Solution 1



Cautions – example 3



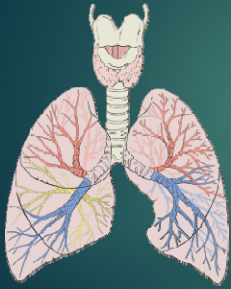
► <https://www.yahoo.com/lifestyle>

Solution 2



<https://poise-health.co.uk>

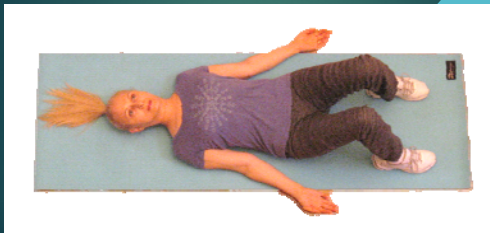
Pose 2: Lung Ventilation



- ▶ Exhale, bringing the abdomen in and diaphragm upwards
- ▶ Hold the breath
- ▶ Lower the diaphragm slowly, inhaling completely
- ▶ Balloon the abdomen, filling up the upper part of the lungs
- ▶ Hold the breath

Starting Pose

Palms are facing up for a correct posture of the shoulders



First Movement

Fingers to Toes or Hand to Knee, crossing the midline



Second Movement

Slowly stretch the arm above the head and the leg on the mat with the toes pointing upwards.



Alternatives & Cautions

- ▶ The ball
- ▶ The chair
- ▶ Slowly
- ▶ Safe



Combination

- ▶ Breath
- ▶ Stretch
- ▶ Focus
- ▶ Lungs
- ▶ Sciatica
- ▶ Mind



Pranayama

- ▶ Decreases congestion
- ▶ Improves flexibility of the alveoli
- ▶ Increases respiratory volume that leads to more oxygen intake



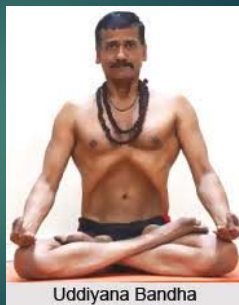
Spirometer

encourages slow, deep breathing to expand and fill lungs with air



Therapeutic Effects of Lung Ventilation

- ▶ Increases oxygen intake
- ▶ Improves energy level
- ▶ Cleans out the lungs
- ▶ Reduces anxiety
- ▶ Strengthens breathing muscles



Uddiyana Bandha

Integrating yoga into OT practice

- ▶ Community
- ▶ Home Health
- ▶ Hospital
- ▶ Long-Term Care
- ▶ Skilled Nursing Facility
- ▶ Early Intervention
- ▶ School
- ▶ Outpatient



<https://101mobility.com/blog/wheelchair-yoga-part-2>







Billing

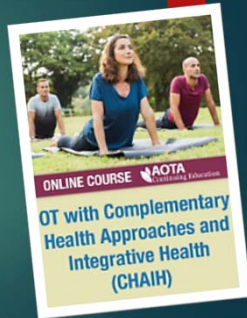
- ▶ Holisticot.org
- ▶ Webinar: "Returning to our OT Roots" by Kelly Clancy, OTR/L, CHT
- ▶ Video: "Documentation & Billing OT and Integrative Health" by Emmy Vadnais, OTR/L



Whole Person in Healthcare

"...most importantly, we do it by practicing what we preach: practicing our own self care, and creating more expansion and balance in our own minds, bodies, and spirit."

Kelly Clancy, OTR/L, CHT, Holistic OT

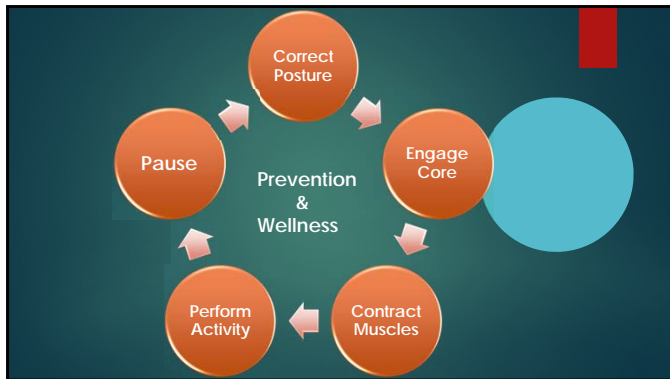


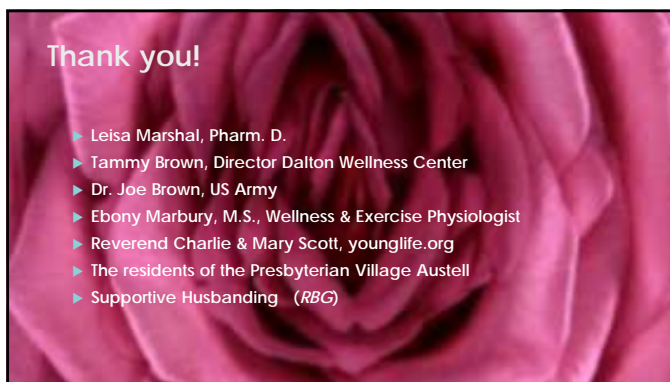
Conclusions

The Penguin Pose will add a more integrative start to any OT session, making the patient aware of how to hold a correct posture when walking, exercising, and even resting.

Having the spine and joints in correct anatomical posture with the muscles engaged during any activity will have a positive outcome during an occupational therapy session.

The Lung Ventilation will increase the oxygen intake, improving the participation and involvement of the patient in the OT session.





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