



PAINCARE

SKILLS TRAINING

September 12 - 15, 2016

GENTLE YOGA FOR BACKS

Navy Medical Center, San Diego, CA
September 15, 2016

David Wells, E-RYT500, Kinesiotherapy Assistant (Yoga)
IPMC, MEDDAC, FORT DRUM, NY
david.r.wells67.civ@mail.mil

PAINCARE
SKILLS TRAINING



RULE NUMBER ONE

DO NOT HURT YOURSELF!

If you find that an exercise or pose aggravates your pain SKIP IT!
Everyone is different and not every technique will be appropriate for everyone.

RULE NUMBER TWO

BREATHE!

Relax and Do Not Hold Your Breath.
(Ideally doing Deep Diaphragmatic Breathing thru the Nose.)

*Legs-Up-the-Wall Pose
Viparita Karani*



LEGS UP THE WALL

One of the most popular of all techniques.

Numerous variations involving the use of:

Bolsters, Pillows, Blankets, and Different Leg Positions.



Legs Straight Up with or without a Bolster under Low Back or Hips



Full Butterfly



“Splits”



Soles of Feet to Wall

CHILDS POSE

Knees Together or Apart





On a Bolster



On a Chair

CATS



SITTING CATS

INHALE- UP



EXHALE- SIT

(Back & Forth)



CAT STRETCH AKA “Cat /Cow”

INHALE- LOOK UP & DROP BACK

EXHALE- LOOK DOWN & ARCH BACK

CAT STRETCH In A Chair



INHALE- SIT STRAIGHT



EXHALE-SLOUCH

BALANCING CAT AKA “Quadriplex”



**Raise Opposite Arm and Leg (Repeat Other Arm and Leg)
Static and Dynamic**

SUPINE KNEES TO CHEST



Single

(To put less pressure on the Knee Joint, grab Hamstring instead of Shin)



Double



SINGLE KNEE TO CHEST In A Chair

HAPPY BABY



**Supine
Pull Feet Down**



Seated

SINGLE LEG RAISES



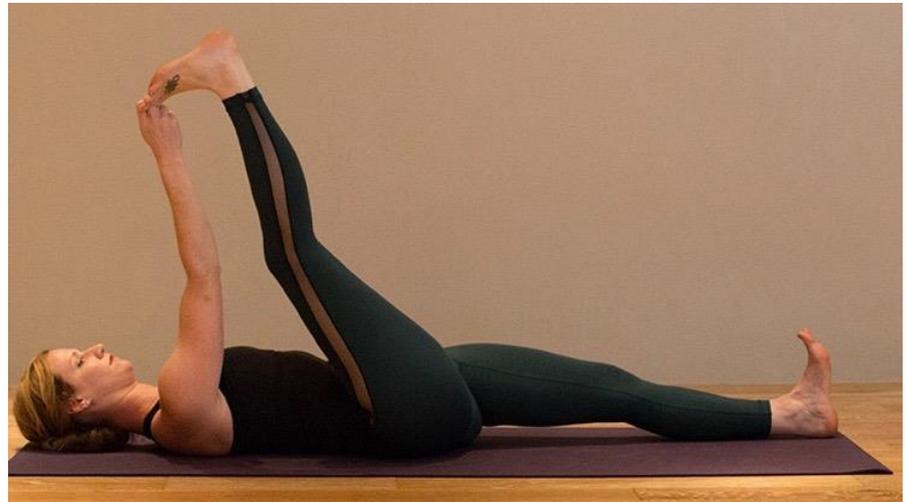
Supine
(Bend Opposite Leg)
INHALE- UP EXHALE- DOWN

Seated
INHALE- EXTEND EXHALE-BACK

SUPINE HAND TO FOOT POSE (Hamstring Stretch)



With Strap



Without Strap

SUPINE TWISTS AKA “Bent Leg Body Twist”



Feet on Floor



Feet off of Floor



SIMPLE TWIST In A Chair

UNIVERSAL TWIST AKA “Single Leg Over”



BRIDGE



STATIC- INHALE RAISE HIPS, HOLD SEVERAL BREATHS, EXHALE DROP HIPS

DYNAMIC- “ROLLING BRIDGE” INHALE- HIPS UP, EXHALE HIPS DOWN

SPHINX



Prone on Elbows

HALF LOCUST



BASIC- Prone, Raise One Leg



SUPPORTED- Opposite Foot Braces Knee

(Hands Under Thighs or Under Shoulders)

HALF BACKWARD BOATS AKA “Swimmers”



Opposite Sides -Raise Right Arm and Left Leg (Repeat with Opposite Arm and Leg)

Same Side- Raise Right Arm and Right Leg (Repeat with Left Leg and Left Arm)

BUTTERFLIES



HALF

Flap Up and Down, Circle, Hug, Cradle



FULL

Flap Up and Down, Bend Forward

THAI BACK STRETCH



Elbow to Knee



Shoulder to Knee

MERMAIDS

1) Lean to Side and Rock Hip

2) Wobble Torso

3) Bend Forward Over Front Knee



PREPERATORY PIGEON



Elbows to Floor

**From Mermaid Pose Extend
Rear Leg Straight Back and
Bend Forward Over Knee or
Shin**



Head to Floor

FLAPPING FISH AKA “Recovery Position”



Basic

**On Side with
Lower Leg Straight
And Upper Leg Bent**



With Bolsters and Pillows

CORPSE POSE



Bolster Under Knees



Bolster Under Knees and Blanket Under Head

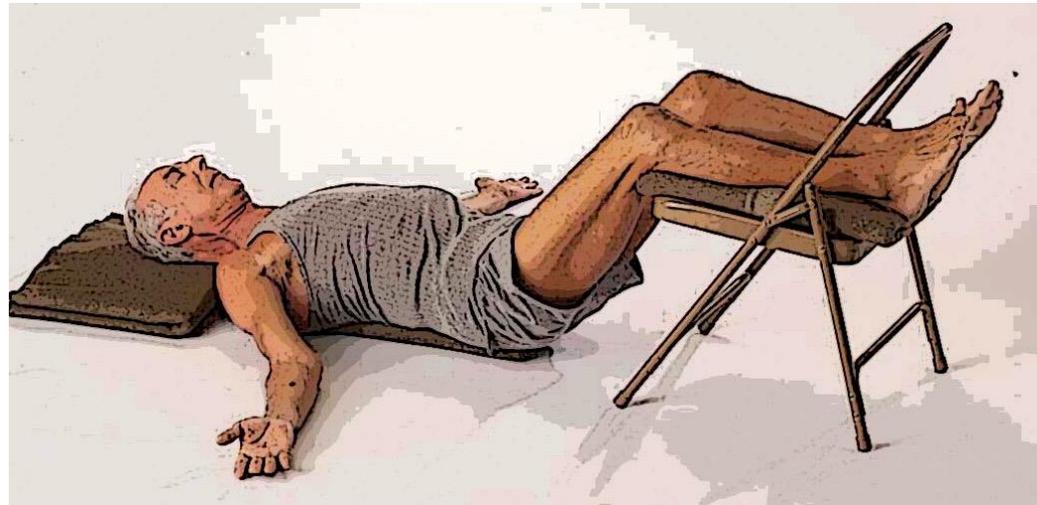
Lying Supine with Body Completely Relaxed.

**Imagine:
“Melting Into The Ground”
or
“Floating In Air”**

**Watching 4 Parts of the Breath
INHALE
PAUSE WITH FULL LUNGS
EXHALE
PAUSE WITH EMPTY LUNGS**



With Bolsters, Pillows , Blanket & Eye Pillow



With Chair and Blankets



“Deluxe Corpse”

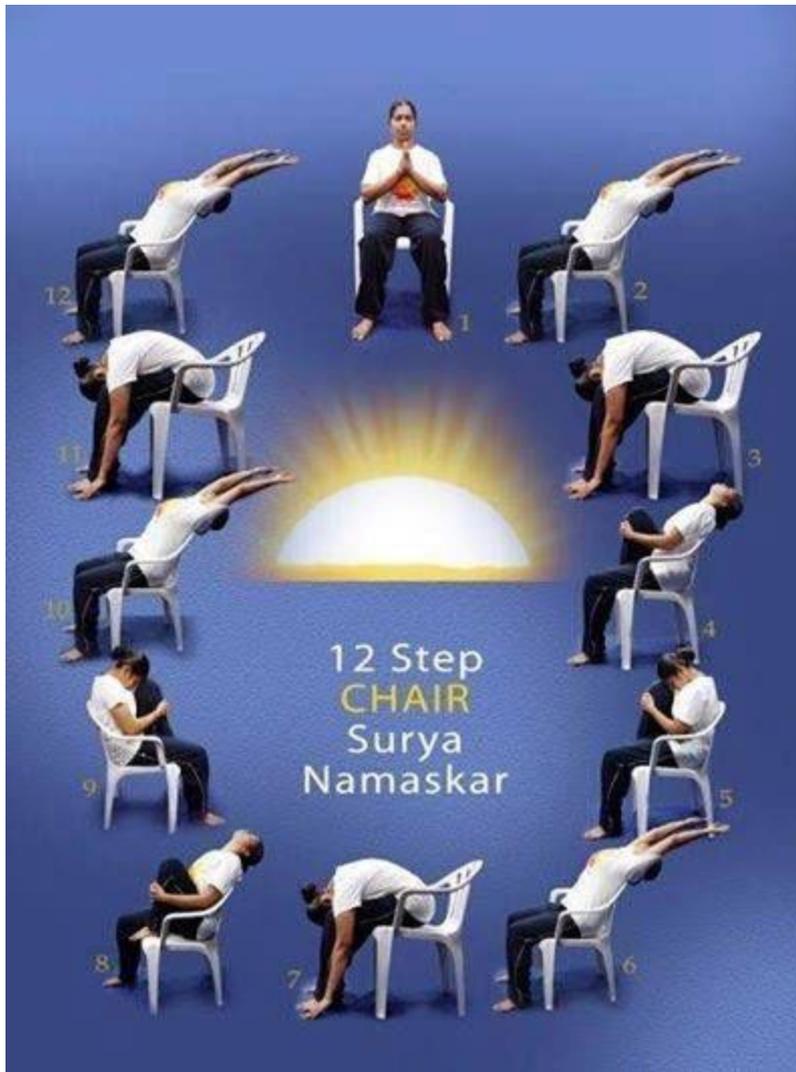
PAINCARE
SKILLS TRAINING



SUN SALUTATION (Adapted to a Chair)

The Classical Indian 12 Step Exercise,
Salutation to the Sun, done seated for
those unable to perform the exercise
the traditional way.

Not necessarily
appropriate for everyone!



RESOURCES

Gore MN, Vaze DR, Kulkarni SA, Oak JP. *Yoga Therapy for Selected Diseases*. Yoga Mimamsa. Kaivalyadham Yoga Institute. Lonavala, India. 2008

Monro R, Nagarathna, Nagendra. *Yoga for Common Ailments*. Simon and Schuster. New York. 1990.

Stiles M. *Structural Yoga Therapy*. Barnes and Noble. San Francisco. 2000.

Payne L., Ustaine R. *Yoga RX*. Random House. New York. 2002

Saraswati S.S. *Asana, Pranayama, Mudra, Bandha*. Bihar School of Yoga Press. Munger, India. 2008.

PAINCARE
SKILLS TRAINING

