Yoga Therapy

A novel approach to Health Care Delivery
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What is Yoga?
Yoga

• A comprehensive system of Indian philosophy known as the Vedic Science

• Dating back over 5000 years

• A step-by-step guide to improve one’s perceptive abilities, awareness and mindfulness
Yoga: to yoke / unite

- Essential purpose of yoga = integration/yoking of all the layers of life - environmental, physical, emotional, intellectual and spiritual

- An Inward Journey of self-discovery designed to increase physical stability, emotional vitality, resiliency, mental clarity, intellectual wisdom, and spiritual bliss
Paths of Yoga

• **Jnana** – yoga of knowledge (studying texts, through intellectual sheath)

• **Karma** – through selfless service

• **Bhakti** – Devotional path (may include chanting, ritual)

• **Raja** – 8 limbed path (Patanjali) – one most known and practiced in NA
Raja Yoga – 8 Fold Path

External Limbs

Address relationship with self, the world, and the body, breath & senses

1. **Yamas** – moral restraints
2. **Niyamas** – observances
3. **Asanas** – postures
4. **Pranayama** – breath / vital energy
5. **Pratyahara** – withdrawing senses & focusing inward

Internal Limbs

Increasingly refined stages of mental concentration

6. **Dharana** – concentration / focus the mind
7. **Dhyana** – meditation / calm the mind / understand our inner nature
8. **Samadhi** – enlightenment ; union with the universe; self-realization

Yoga is in top 10 alternative approaches – CAM - NIH

Main reasons people practice yoga:
- LBP
- Manage stress
- Health/Wellbeing
- Fitness
- Ageing effects
History of Yoga / Yoga Therapy

• A contemplative practice aimed at transformation (5000 yrs. old)
• Physical postures added later
• Not used originally to treat or prevent disease
• Ability to improve psycho-physiology recognized by 1500s
• Formally used as a therapeutic intervention around 1920’s
• Current exponential rise of research and use of yoga as therapy

*The Principles and Practice of Yoga in Health Care* (2016) Khalsa, Cohen, McCall, Telles; Handspring Publishing
What is Yoga Therapy?
Yoga therapy is the process of empowering individuals to progress toward improved health and well being through the application of the philosophy and practice of Yoga.”
Yoga vs Yoga Therapy

• Yoga teachers teach the techniques of yoga

• Yoga therapists use the techniques with a specific therapeutic intention
Yoga vs Yoga Therapy

- YT = additional recognized training in the area
- Specific knowledge about health status of the client
- YT program is targeted to the specific individual and condition
- Requires some form of written intake, initial assessment, plan of care
- Implies re-evaluation in order to adapt / progress program
- Usually done one-on-one or small condition specific group classes

(IAYT recommendations: Educational Standards for the Training of Yoga Therapists in 2012 - Updated in 2016)
Objectives of Yoga Therapy

- Help client move towards health and well being
- Change client’s relationship to his/her condition
- Empower client to self-manage/self-heal
- Move and live with more ease and peace
- Improve function (ADL) and Quality of Life (QOL)
- Eliminate, reduce, and/or manage causes of suffering
- Prevent re-occurrence
- (Re) Connect with meaning/purpose

**Not an objective:** to “heal”, “cure” or “fix” the client
Examples of Therapeutic Effects of Yoga

• Reduces pain
• Increases functional ability (ADL) & Quality of life (QOL)
• Increases self-awareness and mindfulness
• All effects attributed to general exercise as well as specific exercise effects (e.g. improved posture and self-awareness)
• Enhanced relaxation response
• Improves sleep
• Improves mental health / resiliency / better stress management
Therapeutic effects of yoga is via various physiological systems: inter-connected and influence each other

- Neurological
- Neuro-endocrine
- Neuro-immune
- MSK

- Respiratory
- Cardiovascular
- Gene Expression
- Mental Health
Why yoga in Health Care?
Yoga in Health Care

Integration of yoga therapy into health care by HCPs is latest new development in medicine in 21st century

“MTY = Resurrection of creativity in rehabilitation, compassion in medicine, empathy in patient care, & empowerment and self-care of patient and HCP.”

Dr Ginger Garner; PYTI
• Current Medical Model not working for Chronic Diseases
• A new paradigm is needed

WHO’s classification of health:
“A state of complete physical, mental and social well-being and not merely the absence of disease*.”

• Yoga and Yoga Therapy are closer to meeting this classification than western health care.

*(1984 Definition of Health; 2001 International Classification of Functioning, Disability and Health)*
Bio-psycho-social (BPS) Model of Evaluation & Treatment in Medicine

• Institute of Medicine (IOM) endorsed the BPS model in their 2011 report on “Relieving Pain in America”

• IOM suggested BPS model to be a clinically-effective and cost-effective way to address pain
World Confederation for Physical Therapy (WCPT)

“Physical therapists are concerned with identifying and maximising quality of life and movement potential within the spheres of promotion, prevention, treatment/intervention, habilitation and rehabilitation.

These spheres encompass physical, psychological, emotional, and social wellbeing*.”

Yoga Therapy is a BPSS Model that can be used for Health Care
Yoga Therapy: Scientifically driven / Evidence based/ Effective

Bibliometric analysis:
• 3-Fold increase in 10 yrs.
  2003 = 169 Yoga clinical research trials
  2013 = 486 Yoga clinical trials

RCTs:
• 2014 = 312 published on Y & YT
  205 therapeutic efficacy trials
  107 basic research trials

101 Health Conditions Benefited by Yoga (as found in scientific studies as of October 2016)

1. Alcoholism and Other Drug Abuse
2. Alzheimer’s Disease
3. Amyotrophic Lateral Sclerosis
4. Anxiety
5. Asthma
6. Atrial Fibrillation
7. Attention Deficit Hyperactivity Disorder (ADHD)
8. Autism
9. Back Pain
10. Balance Problems
11. Breast Cancer
12. Burns
13. Cancer (General)
14. Carpal Tunnel Syndrome
15. Chronic Fatigue Syndrome
16. Chronic Obstructive Pulmonary Disease (e.g. Emphysema)
17. Cognitive Impairment
18. Computer Vision Syndrome
19. Congestive Heart Failure
20. Cystic Fibrosis
21. Depression
22. Diabetes
23. Drug Withdrawal
24. Duchenne Muscular Dystrophy
25. Eating Disorders
26. Endometriosis
27. Epilepsy
28. Fibromyalgia
29. Fractures
30. Gall (Walking) Problems
31. Gestational Diabetes
32. Guillain-Barré Syndrome
33. Heart Disease
34. Homophobia
35. Hemorrhoids
36. High Blood Pressure
37. HIV/AIDS
38. Hypothyroidism
39. Incontinence
40. Inflammatory Bowel Disease
41. Insomina
42. Irritable Bowel Syndrome
43. Kidney Failure
44. Lang Cancer
45. Lymphoma
46. Menopause (and Perimenopausal Symptoms)
47. Metastatic Disorders
48. Mental Developmental Impairment
49. Metabolic Syndrome
50. Migraine and Tension Headaches
51. Multiple Sclerosis
52. Muscular Dystrophy
53. Neck Pain
54. Neurocardiogenic Syncope (Fainting)
55. Neurosis (e.g. Phobia)
56. Obesity/Overweight
57. Obsessive Compulsive Disorder (OCD)
58. Organ Transplant
59. Osteoarthritis (Degenerative Arthritis)
60. Osteoporosis
61. Ovarian Cancer
62. Pain (Chronic)
63. Panic Disorder
64. Parkinson’s Disease
65. Performance Anxiety
66. Periodontitis
67. Pleural Effusion (Fluid in the Lining of the Lung)
68. Poly cystic Ovarian Syndrome
69. Post Coronary Artery Bypass Surgery
70. Post-Heart Attack
71. PostImplantable Defibrillator (ICD)
72. Post-Joint Replacement
73. Post-Operative Recovery
74. Post-Polio Syndrome
75. Post Traumatic Stress Disorder (PTSD)
76. Pregnancy (Normal and Complicated)
77. Premenstrual Dysphoria
78. Depression
79. Pressure Ulcers
80. Prostate Cancer
81. Prostate
82. Pulmonary Hypertension
83. Restless Leg Syndrome
84. Rheumatoid Arthritis
85. Rheumatoid Arthritis
86. Rhinitis (Inflammation of the Nose)
87. Schizophrenia
88. Sebaceous (Curvature of the Spine)
89. Sexual Dysfuction
90. Sexual Trauma
91. Sinusitis
92. Skeletal Muscle Pain Syndrome
93. Smoking Cessation
94. Somatoform Disorders
95. Stress
96. Stroke
97. Thoracic Hypertension
98. Total Sarcopenia
99. Traumatic Brain Injury
100. Tuberculosis
101. Urinary Incontinence

2016 Literature review by Dr. Timothy McCall:

Scientific support for over 101 conditions that benefit from yoga
Why use YT in PT?

PT is strategically positioned to use yoga therapeutically:

• We should be working in a **BPS framework**
• YT is **efficient** – can be done individually or in a group
• YT is **relatively low cost** / equipment inexpensive
• Patient valued + centered = **improved patient satisfaction**
• Promotes **patient empowerment, self-management/self-efficacy**
• **Reduced HCP burnout** / great job satisfaction
• Meet growing demands of population seeking yoga for rehab./wellness
Survey of Yoga Therapists: Where are they working?

Q1 Which of the following best describes the setting where you work? Please select all that apply.

- Hospital: 35.78%
- Hospital associated with: 16.18%
- Military hospital: 5.88%
- Outpatient clinic: 26.96%
- Community based clinic: 9.80%
- VA clinic: 5.39%
- Physician’s practice: 11.76%
- Other (please specify): 49.51%

Answered: 294  Skipped: 0

Courtesy: MUIH/IAYT Collaborative Survey YTT Summer 2015
Survey of Yoga Therapists: What kinds of patients are they working with?

Q3 In which department do you work? Please select all that apply.

- Cardiology: 4.50%
- Community Education: 14.00%
- Maternal Neonatal: 3.00%
- Oncology: 17.50%
- Orthopedics: 4.50%
- Pediatrics: 5.50%
- Psychiatry/Behavioral Health: 26.50%
- Physical Therapy: 22.00%
- Rehab: 17.50%
- Surgery: 3.00%
- Other, please list department: 49.50%

Answered: 200, Skipped: 4

Courtesy: MUIH/IAYT Collaborative Survey YTT Summer 2015
YT Evaluation & Rx Model

Physical Material Body

Spiritual

Energetic/Life Force

Psycho-Emotional-Social

Directed action for mind-body connection
Introspection

Pranayama/Breath
Gut-Brain-Body Axis

Asanas Environment
Nutrition/Lifestyle

Education Proactive Behavior
Relationship with HCP

Meditation Mindfulness
Self-awareness

Ref: Dr. Ginger Garner Pentagon of Wellness
Integrating Yoga Therapy in Health Care

- Yoga approach and tools/techniques can be easily incorporated but HCPs have to stay in their scopes of practice.

- Focus is to empower the patient, through instruction and guidance.

- It is a system – health care likes systems!

- It can begin within medical management and continue in communities with out much expense.
Clinical Integration

Yoga Therapy in Physiotherapy