



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 the 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

Bryant - *The Yoga Sutras of Patanjali*
(2009) North Point Press

Profile of Yoga in America 2016

Yoga Alliance / Yoga Journal Study



Courtesy YogaAlliance.com/Ipsos Public Affairs

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**

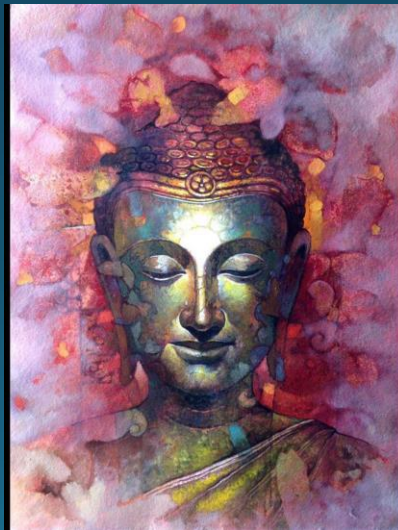
Feuerstein, G. *The Yoga Tradition – Its History, Literature, Philosophy and Practice* (2008) Hohm Press

The Principles and Practice of Yoga in Health Care (2016) Khalsa, Cohen, McCall, Telles; Handspring Publishing

What is Yoga Therapy?

IAYT Definition of Yoga Therapy (YT) - 2007

"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*.”

*WCPT Policy Statement on Description of Physical Therapy:

<https://www.wcpt.org/policy/ps-descriptionPT> Last accessed Sept 24, 2018

Yoga Therapy is a BPSS Model that can be used for Health Care



Multi-Dimensionality of Human Experience



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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

Reference: *The Principles and Practice of Yoga in Health Care* (2016) Khalsa, Cohen, McCall, Telles; Handspring Publishing

www.DrMcCall.com

2016 Literature
review by
Dr. Timothy McCall:

Scientific support for
over 101 conditions
that benefit from yoga



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

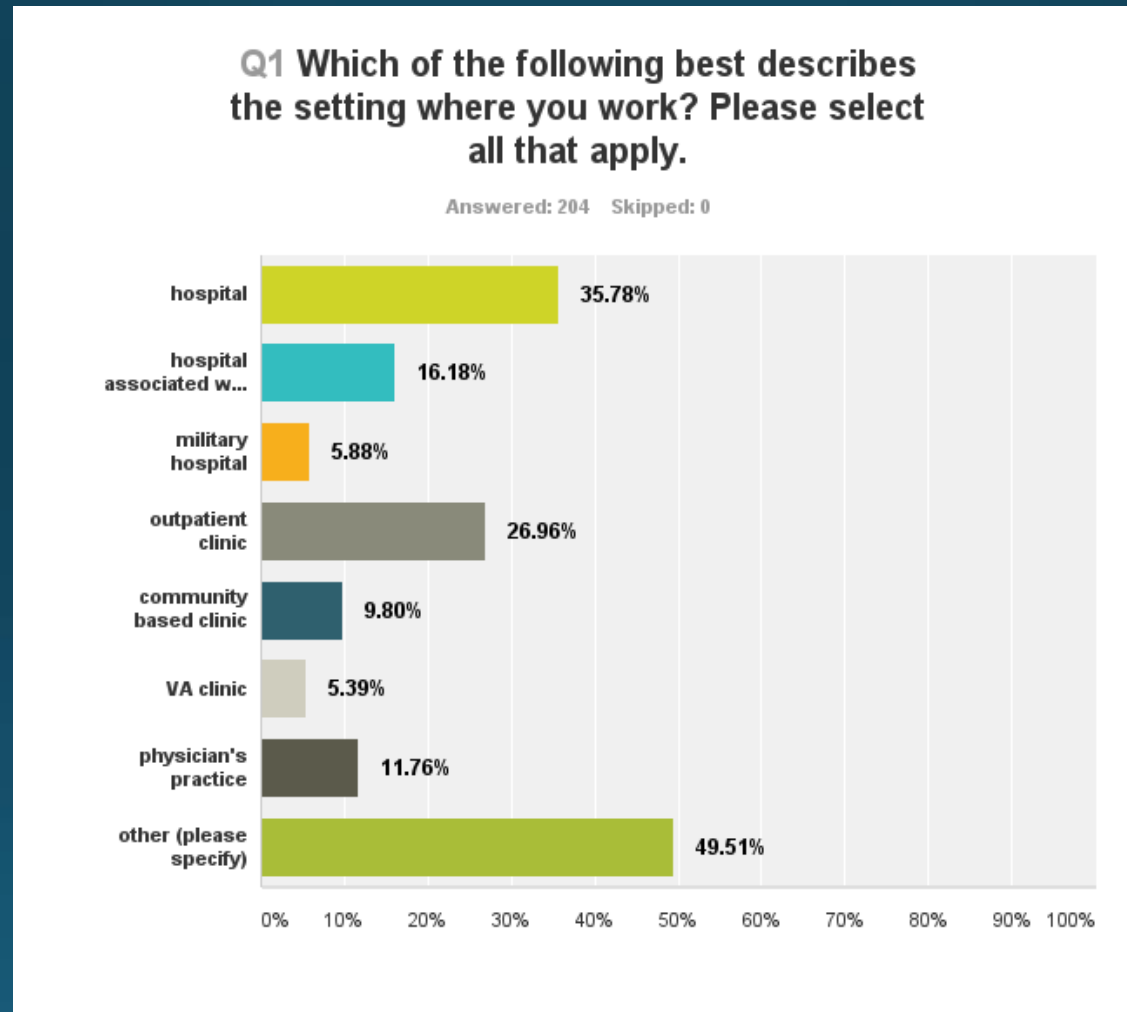
- | | | |
|--|--|---|
| 1. Alcoholism and Other Drug Abuse | 37. High Blood Pressure | 71. Post Coronary Artery Bypass Surgery |
| 2. Alzheimer's Disease | 38. HIV/AIDS | 72. Post-Heart Attack |
| 3. Amyotrophic Lateral Sclerosis | 39. Hypothyroidism | 73. Post Implantable Cardioverter Defibrillator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

Why use YT in PT?

PT is strategically positioned to use yoga therapeutically:

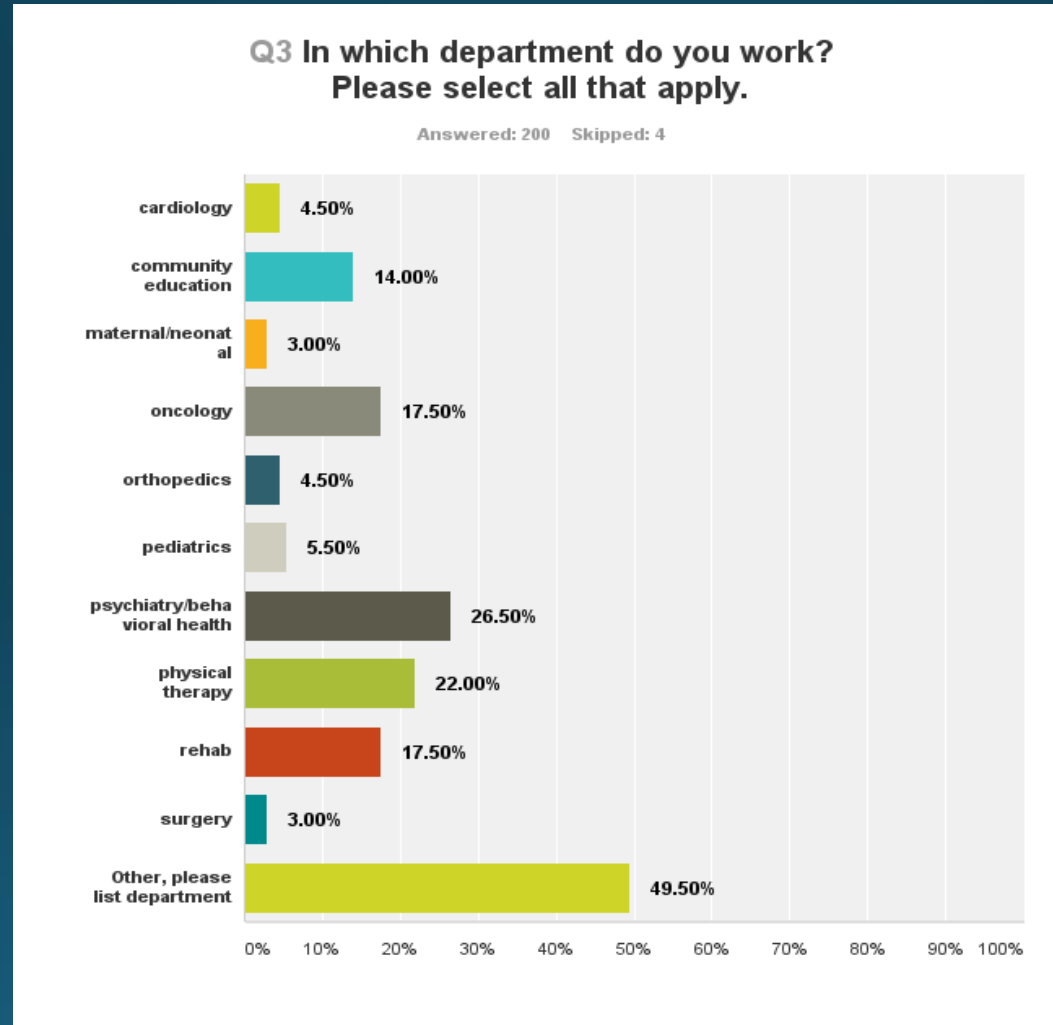
- We should be working in a **BPS framework**
- YT is **efficient** – can be done individually or in a group
- YT is **relatively low cost** / equipment inexpensive
- Patient valued + centered = **improved patient satisfaction**
- Promotes **patient empowerment, self-management/self-efficacy**
- **Reduced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

Survey of Yoga Therapists: Where are they working?

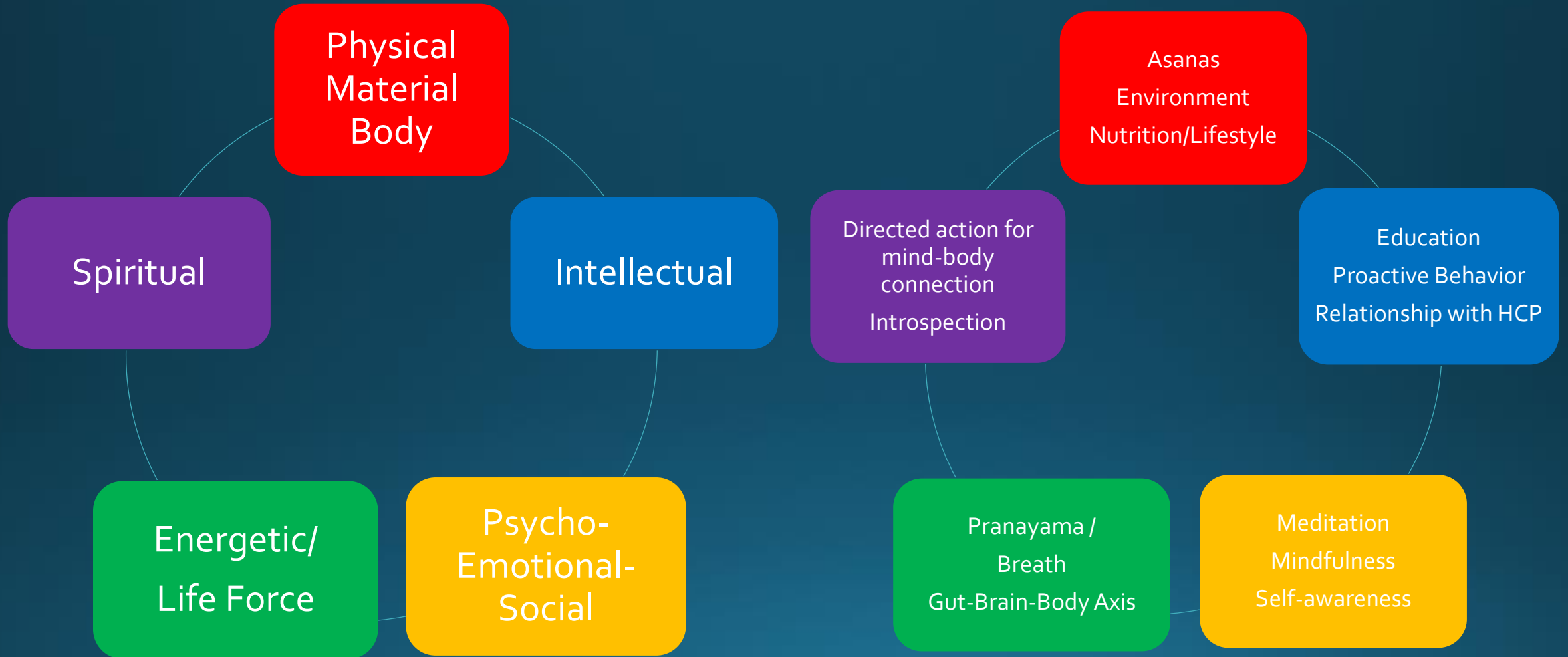


Courtesy: MUIH/IAYT Collaborative Survey YTT Summer 2015

Survey of Yoga Therapists: What kinds of patients are they working with?



YT Evaluation & Rx Model



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

