

IMG PHYSICAL THERAPY

805 N. Richmond St., Suite 103 Fleetwood, PA 19522

IMGPT.COM 610-944-8140

Chris Gordos, DPT Center Manager

Eric Parrish, MPT Director of Rehabilitation

Adaptive Chair Yoga Home Exercise Sheet

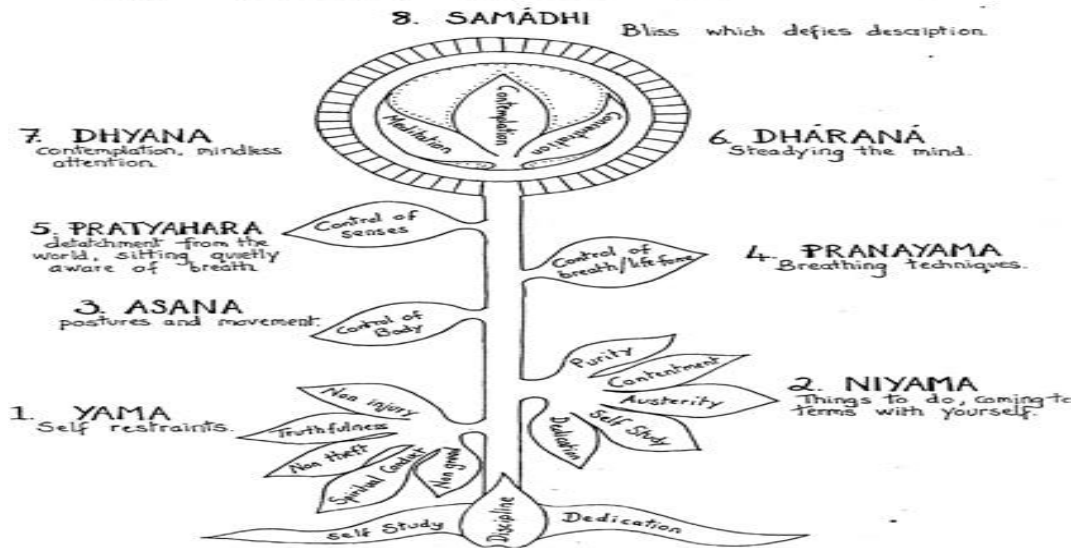
Training, Working out, or Rehabilitation of the whole body has many benefits, but may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. Your strength, range of motion, and use of your body can be improved if you follow your program. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember...

- * Any specific exercise or Yoga position that causes pain, especially sharp knife like pain, may lead to an injury and should be modified or discontinued until you notify your therapist.
- * Increased swelling after Yoga or exercise indicates that the exercises may be too difficult or are not being done correctly. Be sure to ice that area of swelling and use a compression wrap as needed.
- * Re-injuries during the rehabilitation or the training process will slow your progress. If you sustain recurring pain either decrease the intensity (range of motion) of the pose or lower the amount of time you hold the pose.
- * You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises and poses should not increase pain or swelling.
- * When in doubt about how far to go, or how long to hold, guess low. It is safer and easier to add time or range of motion than to hurt yourself with too aggressive a pose to start.
- * Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise or pose correctly than to cause further injury by doing an exercise incorrectly.

Introduction to Adaptive Yoga for Seniors

THE EIGHT LIMBS OF YOGA



What is the Difference Between Yoga and Normal Exercise or Stretching?

- “Unlike stretching or fitness, yoga is more than just physical postures. Patanjali’s eight-fold path illustrates how the physical practice is just one aspect of yoga. Even within the physical practice, yoga is unique because we connect the movement of the body and the fluctuations of the mind to the rhythm of our breath. Connecting the mind, body, and breath helps us to direct our attention inward. Through this process of inward attention, we learn to recognize our habitual thought patterns without labeling them, judging them, or trying to change them. We become more aware of our experiences from moment to moment. The awareness that we cultivate is what makes yoga a practice, rather than a task or a goal to be completed.”

Benefits of Yoga in Clinical Research:

- Decreased stress, anxiety, fatigue, and depression
- Reduced pain from conditions including: chronic low back pain, migraine headaches, osteoarthritis, rheumatoid arthritis
- Improved sleep
- Decreased blood pressure, blood glucose, triglycerides, and cholesterol
- Improved balance, flexibility, leg strength

Yoga Breathing: “Connecting the Breath”

It is very important to practice “yoga breathing” with your yoga practice. For the purposes of this practice, we will use diaphragmatic breathing, described below.

Begin by sitting in a comfortable position on the floor or in a chair, or lying on your back.

Place your hand over your stomach. As you inhale, feel your stomach expand. As you exhale, feel your stomach contract. Think of your lungs expanding downward toward your stomach. Breathe slowly and deeply. Count to 5 as you inhale, then count to 5 as you exhale. Practice for 5 to 10 minutes before beginning your yoga session.

This is also an excellent way to relax if you are feeling stressed or anxious.

Go to a quiet place, close your eyes, and practice diaphragmatic breathing.

In yoga, your breathing connects your poses, particularly in a yoga series such as a sun salutation.

In general, you will:

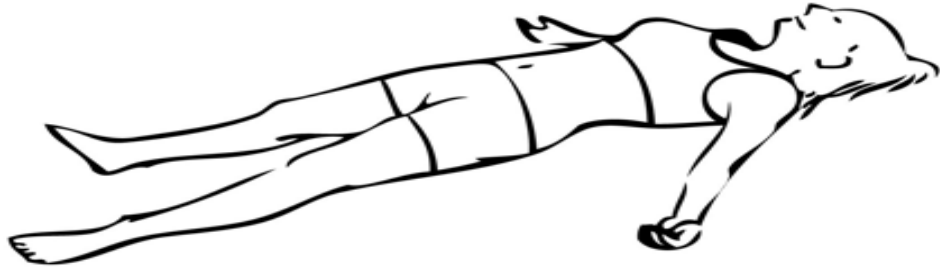
Inhale as you move closer to the ceiling

Exhale as you move closer to the floor

How to Use This Guide:

- How you choose to practice yoga is completely customizable. You can use the following sheets to practice at home, or you can take a local adaptive yoga class.
- The practice outlined here is a gentle adaptive practice with several levels of modifications. It is designed to improve flexibility, strength, and balance in a senior population with reduced mobility.
- Take several minutes to practice deep yoga breathing in a comfortable seated or lying position.
- Perform 3-10 sun salutations:
- Standing Salutations with Chair for more active senior adults who are unable to bend all the way to the floor OR
- Chair Sun Salutations for seniors who have more difficulty with balance. Also great for office workers to perform at a desk throughout the day.
- Perform balance postures. Several levels of adaptation are provided. If you are unsure, start with the easiest modification and work up to more challenging postures.
- At the end, don't forget to perform Savasana, a restorative pose, for 5 minutes. Don't skip this step!

Savasana:



After performing the postures on the next several pages, finish your practice by performing savasana, a restorative pose, for at least 5 minutes.

Savasana, also known as corpse pose, is performed by lying on your back with a neutral spine. Continue your yoga breathing throughout savasana.

The pose can be modified by bending the knees, or by placing the legs on a chair. You should use these modifications if you have back pain or if lying flat on your back is uncomfortable. The head can also be raised if you have difficulty breathing or have neck pain.

Allow all of your muscles to relax and be still. Consider each part of the body, the feet, the legs, the hips, the hands, arms, back and neck. Be sure that none of your muscles are tensed. Also relax the muscles of your face and mouth.

Clear your mind. This is the hardest part of your yoga practice! Try not to think of the things you must do later in the day or to let your mind wander. Concentrate only on your body and your breathing.

Sources:

<http://www.yogajournal.com/article/beginners/yoga-questions-answered/>,

<http://www.yogajournal.com/article/beginners/the-meaning-of-quot-namaste-quot/>.

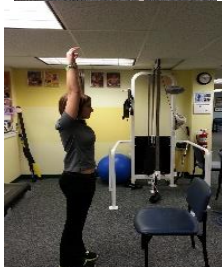
Sun Salutation A: Standing Chair Modification



Tadasana (Mountain Pose):
Stand with bases of big toes touching, heels slightly apart, toes spread, weight evenly distributed between feet. Bring shoulders back, stand tall with good posture.



Inhale
Urdhva Mukha Svanasana (Upward-Facing Dog Pose):
Straighten the arms, keeping the body low and allowing the back to extend.



Inhale
Urdhva Hastasana (Upward Salute):
Turn arms outward (palms forward) and raise arms overhead, look up.



Exhale: Hold for 5 Breaths
Adho Mukha Svanasana (Down-Dog Pose):
Transfer weight to heels, bringing hips up toward the ceiling. Hinge only at the hips: the arms, head, back are a straight line.



Exhale
Uttanasana (Standing Forward Fold):
Bend forward from the hip joints, not from the waist. Use the chair for support.



Inhale
Flat Back:
Step forward, bring back up to a 90 degree angle at the hips. Keep hands on chair, back flat. Look forward.



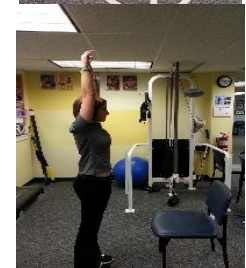
Inhale
Flat Back:
Come up to a 90 degree angle at the hips. Keep hands on chair, back flat. Look forward.



Exhale
Uttanasana (Standing Forward Fold):
Bend forward from the hip joints, not from the waist. Use the chair for support.



Exhale
Plank Pose:
Step back one foot at a time. Keep arms straight. Hold entire body in a straight line, abdominal muscles tight.



Inhale
Urdhva Hastasana (Upward Salute):
Turn arms outward (palms forward) and raise arms overhead, look up. Come up carefully—you have been bent forward for awhile!



Continue to Exhale
Chaturanga Dandasana (Four-Limbed Staff Pose):
Keeping the body straight, slowly bend the arms and lower body toward the chair, (like a push up).



Exhale
Tadasana (Mountain Pose):
Lower arms, returning to mountain pose with shoulders back and stand tall with good posture.
Repeat series 3-10 times.

Sun Salutation A: Seated Modification



Seated Mountain Pose:

Sit with bases of big toes touching, heels slightly apart, toes spread. Sit tall with shoulders pulled back and proper posture.



Exhale

Seated Forward Fold:

Bend forward from the hip joints, not from the waist. Reach toward the floor.



Inhale

Seated Upward Salute:

Bring arms to sides, turn them outward (palms forward) and raise arms overhead, look up.



Inhale

Left Knee Bend:

As you rise out of the forward fold, pull right knee to chest. Hold back straight and tall, look forward.



Exhale

Seated Forward Fold:

Bend forward from the hip joints, not from the waist. Reach toward the floor.



Exhale

Head to Left Knee:

Round your shoulders and back, bringing head down toward your left knee.



Inhale

Right Knee Bend:

As you rise out of the forward fold, pull left knee to chest. Hold back straight and tall, look forward.



Exhale

Seated Forward Fold:

Release leg gently. Bend forward from the hip joints, not from the waist. Reach toward the floor.



Exhale

Head to Right Knee:

Round your shoulders and back, bringing head down toward your right knee.



Inhale

Seated Upward Salute:

As you raise your back up, turn arms outward (palms forward) and raise arms overhead, look up.



Inhale

Seated Upward Salute:

Release leg gently. Bring arms to sides, turn them outward (palms forward) and raise arms overhead, look up.



Seated Mountain Pose:

Lower arms, returning to seated mountain pose with shoulders back and sit tall with good posture.

Repeat series 3-10 times.

Yoga for Balance: Modified Postures

These postures can be used to improve balance. Hold each posture for 3 to 10 deep breaths, holding for longer as your balance improves.

Full Posture

Easier Adaptation

Easiest Adaptation

Tree Pose:

Stand on one foot, with the other foot pressed into your ankle, calf or thigh, whichever is comfortable. You can use a chair for added balance, or support one foot on the chair. Repeat pose on opposite leg.



Chair Pose:

Stand with feet shoulder width apart. Bend knees and stick out your bottom, as though you are going to sit in a chair. Weight should be carried in your heels—you should be able to wiggle your toes. Raise arms overhead. Use a chair for balance or perform over a chair for safety. Sit back further to deepen the pose.



Warrior II:

Stand with feet spread widely apart, front foot turned out 90 degrees, back foot turned in slightly. Bend the front knee, raise arms to shoulder height, and look out over the front hand. You can perform this pose over a chair, or seated if you are not able to balance fully. Repeat on opposite side.



Warrior III:

This is an advanced pose and should not be attempted until you feel confident with the "easier" adaptation of the other 3 poses. Stand on one leg, raising the other leg straight behind you and arms forward. You can use a chair for support.

