

# Do YOU...?

## ...have chronic pain?

- Chronic pain is any pain that lasts longer than **3 months**
- Includes muscle and joint pain, or any related diagnosis such as **low back pain**, neck pain, or arthritis

## ...take pain medication?

- Pain medication like ibuprofen, steroids, or narcotics **mask** pain, but often do NOT fix the cause of pain!
- Pain medication can have **bad side effects** especially if taken long term (ulcers, weight gain, addiction)

## ...have difficulty with or avoid daily activities?

- Pain can make **everyday tasks**, like dressing, cooking, driving, or bathing, **difficult** and burdensome
- Avoiding activity can lead to **disability** and **depression** over time

## Where do I begin?

- Get cleared from your physician for physical activity if you have other **serious conditions**
- Ask your physical therapist about local **restorative yoga** classes

## Chronic Pain Resources:

- Explain Pain by David Butler & Lorimer Moseley

## Yoga Resources:

- Doyogawithme.com (free online yoga classes, meditation, breathing, breakdown of yoga postures)
- Yogaaccessories.com (discounted yoga products)
- You Call This YOGA: free community classes, weekly video classes; <http://youcallthisyoga.org/>

## References:

- <http://www.yogajournal.com/slideshow/15-poses-help-sleep-better/>
- Medical Therapeutic Yoga by Ginger Garner
- Explain Pain by L. Moseley & D. Butler

# YOGA FOR CHRONIC PAIN



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## EFFECTS OF CHRONIC PAIN

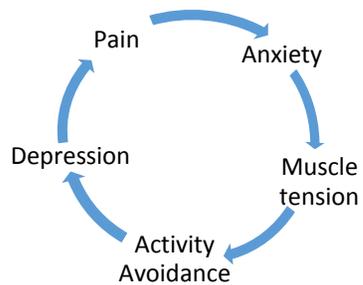
### Muscle & Tissue Tightness

Chronic pain can cause fear of movement, muscle spasms, weakness, and abnormal movement patterns



### Stress & Sickness

Pain causes the release of stress hormones, like cortisol, making it harder for the body to relax and fight sickness and infection



### Anxiety & Depression

Chronic pain can cause irritability, withdrawal from others, and poor coping habits related to treating injury and tolerating ongoing pain



### Disability

Pain-related disability can occur when pain prevents one from working or participating in daily or social activities



## BENEFITS OF YOGA

Improves flexibility, muscle strength, postural alignment, balance & body awareness

Decreases stress, slows heart rate and lowers blood pressure

**MYTH:**  
Pain means the body is being damaged

**TRUTH:**  
Pain is a normal response to a perceived threat

Reduces anxiety & depression, improves good coping habits

Improves quality of life, and ability to participate in everyday activities

## YOGA TECHNIQUES

### Asana

#### Physical Postures



### Pranayama

#### Control of Breathing

There are several types of controlled breathing including diaphragmatic breathing or “belly breathing” that are performed during the yoga sequence



### Dhyana

#### Meditation



### Pratyahara

#### Control of Negative Outside Stressors

