

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

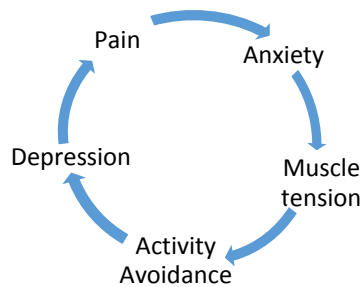
Muscle & Tissue Tightness

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

