

YOGA FOR KNEE ARTHRITIS

LIVE LIFE TO THE FULLEST USING MINDFUL MOVEMENT

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Are you...?



...having knee pain?

- Long lasting knee pain may be due to knee osteoarthritis (OA), which affects up to 37% of people 60 and older.
- Knee OA can be due to "wear and tear" over time, or a prior knee injury.
- Knee OA involves a gradual loss of cartilage, which helps to support the joint.

...having difficulty with daily activities because of your knee?

- Knee OA can make it difficult to do physical activities due to pain and stiffness
- Less physical activity will make knee OA worse over time, and will also affect mental health.

...looking for a way to exercise and improve health without injuring your knee?

- Yoga could be the answer.
- Discuss with your doctor or physical therapist whether yoga is right for you.

What is yoga?

- Yoga is a 5,000+ year old practice that means "union" of the mind, body, and spirit
- Yoga is used to heal the body using physical postures (asana), breathing exercises (pranayama), and meditation (dhyana).

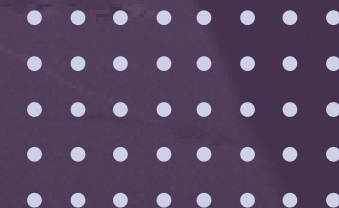


Myths

- Yoga is only for young, fit, flexible people.
- Yoga is unsafe for people with knee OA

Truths

- Yoga is for people of ALL body types, fitness levels, and medical conditions.
- Yoga is not only safe, but also very effective for treating knee OA symptoms if performed mindfully.



Symptoms of Knee OA



Gradual damage to knee due to a variety of factors relating to movement, alignment, and physical activity.



Stiffness, weakness, and poor balance.



Pain, depression, anxiety, negative outlook on life, social isolation and restricted participation in life activities.



Fear of activity, low self-confidence with physical activities.



Traditional Exercise



- Aerobic and strengthening exercise (ASE) like running, cycling, and weightlifting can also be beneficial for knee OA.
- Great for strength, range of motion, and endurance.
- Does not calm the nerves or affect psychological symptoms of knee OA
- ASE is often boring, repetitive, and may require expensive equipment.

...vs Benefits of Yoga



Teaches "mind-body awareness" to move safely and mindfully in order to protect knee during physical activity.



Improves knee range of motion, strength, and balance!



Decreases pain, reduces stress and anxiety, improves outlook on life, provides social support, increases life participation.



Reduces fear of movement, improves confidence in one's abilities, grants a sense of "control" in life.

...vs Yoga



- Connects movements with mindfulness (listening to your body) which makes the exercise safer and more effective.
- Pranayama and dhyana can decrease pain, calm the nerves, and change outlook on life.
- Creative, engaging, and easy to do at home as a lifelong hobby.



NEXT STEPS

PHYSICAL THERAPY

Jacob Tyson, DPT, RYT-200 is an expert on therapeutic yoga. He will provide you with personalized recommendations and help you begin or refine your yoga healing journey.

COMMUNITY YOGA

- Consider taking a yoga class in the community such as adaptive yoga, yoga for healthy aging, gentle yoga, or yin yoga.
- Recommended studios: Thousand Petals Yoga, Triangle Yoga, The Wellness Station.
- Inform the teacher about your condition prior to the start of class.

HOME PRACTICE

- Start a home yoga practice under guidance from your healthcare practitioner.
- Down Dog App (available on app store). <https://www.downdogapp.com/>
- Yoga with Adriene (available on YouTube). <https://www.youtube.com/watch?v=VfSIEgg4ApE>