

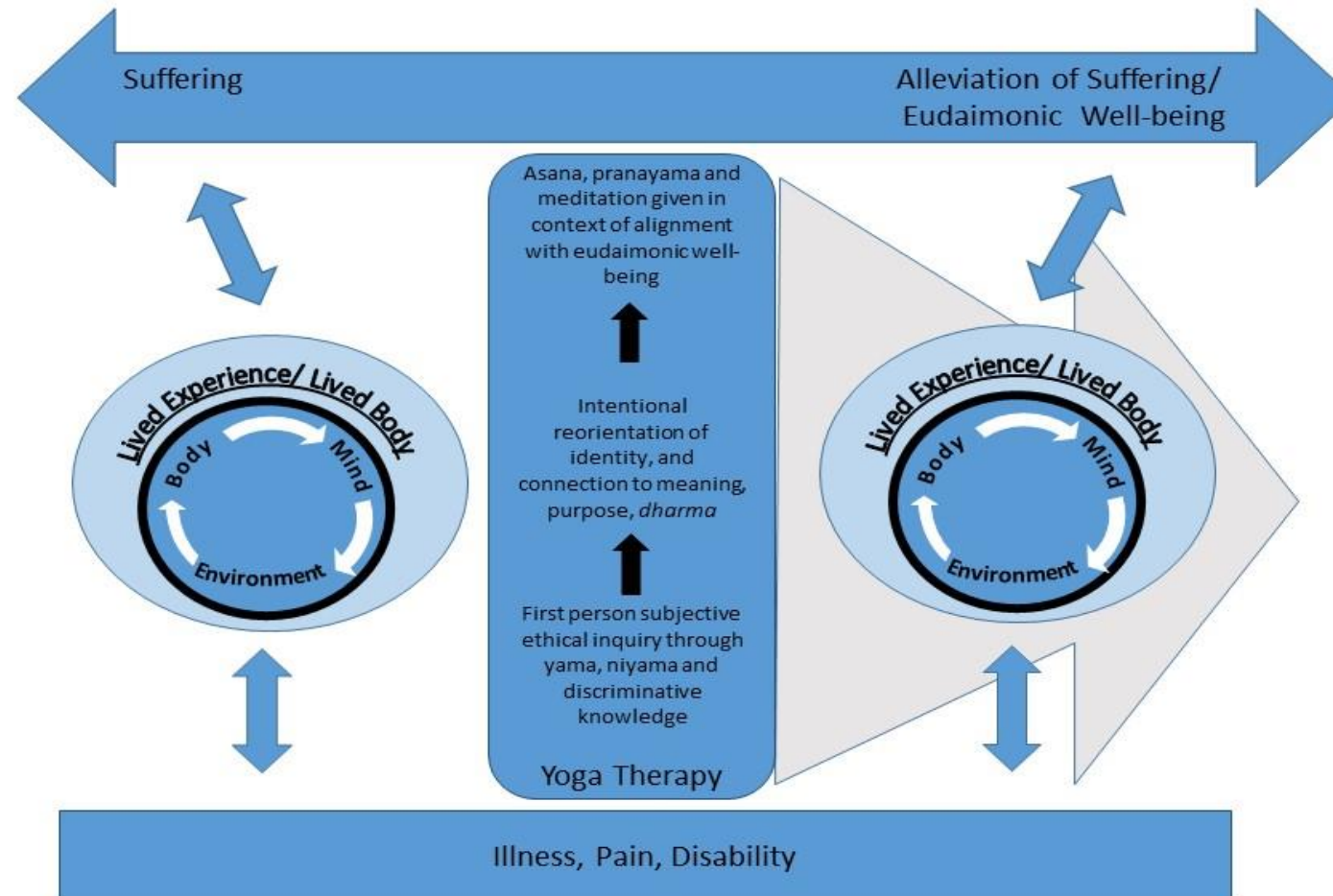
Case Study

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Introduction

- This is a case study of a woman who has a primary complaint of back pain with secondary complaints of migraines, anxiety, difficulty with sleep.
- Yoga Therapy has decreased her back pain including ability to manage exacerbations. She also has less frequency of migraines, has been able to decrease medications. She has less anxiety and is able to manage her anxiety.

Yoga Therapy Explanatory model

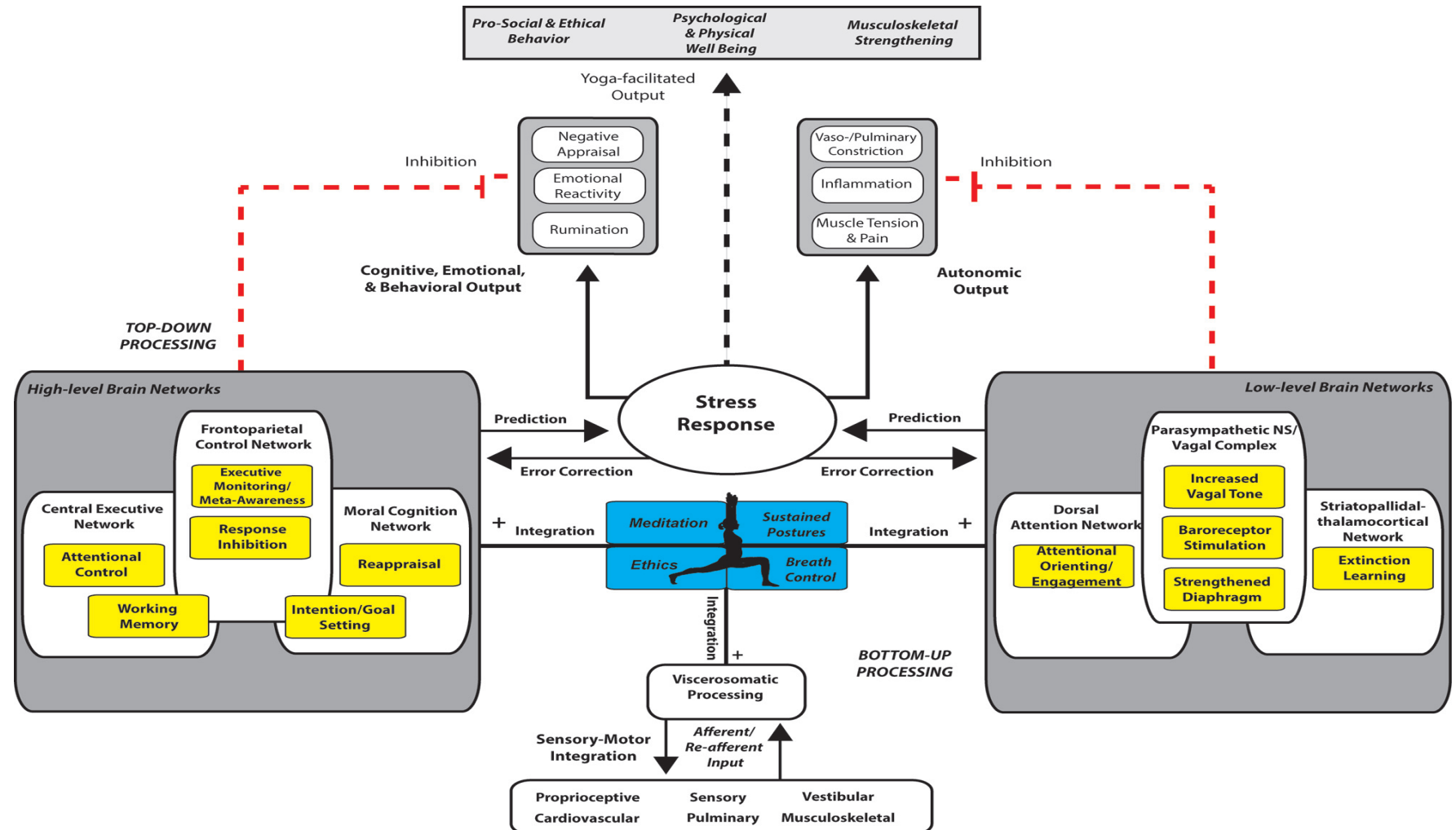


Sullivan, M., Moonaz, S., Weber, K., Taylor JN., Schmalzl L. (2017). Towards an Explanatory Framework for Yoga Therapy Informed by Philosophical and Ethical Perspectives. *Alternative Therapies in Health and Medicine*, in press.

Yoga Therapy Assessment and Concepts

- Koshas
 - Anna Maya
 - Musculoskeletal Imbalances
 - Prana Maya
 - Breath Assessment
 - Nervous System/Gunas
 - Mano Maya
 - Gunas
 - Kleshas
 - Vijnana
 - Discrimination
 - Beliefs
 - Ananda Maya
 - Relationship to joy, eudaimonia, purpose, meaning
- Asana
- Pranayama
- Meditations
- Yama and Niyama

Framing concept: top-down and bottom-up regulation



Other concepts

- Decreasing Allostatic Load
 - Chronic pain, migraines, lack of sleep, anxiety, panic attacks
- Improving Self-regulation and resilience
 - Building interoceptive sensitivity, awareness and regulation of body states, thoughts, emotions, beliefs, relationship to worldly phenomena and their relationships
 - Polyvagal Theory
 - Autonomic dysregulation in chronic pain, anxiety, panic
 - Facilitating and cultivating social engagement system
 - Building resilience of neural platforms
 - Cultivating and Facilitating Sattva Guna and then building resilience of moving between guna platforms
 - Sensitization of nervous system

Case Study

- 50 year old woman. Professor.
- Primary complaint of back pain. Her pain is in the low back and radiates to both sides of her low back and buttock. She has negative x-rays and MRI's for arthritis or disk herniations. Her pain limits her in standing and walking activities. She also experiences migraines. She is very sensitive to medication, but does take prescription medication for her migraines.
- Other complaints: anxiety, difficulty falling asleep and then difficulty waking up and going about her day. She does have a history of panic attacks. She does see a psychiatrist. She is often very fatigued due to issues falling asleep where she does not fall asleep until 2 am or 3 am.

Evaluation

- Anna Maya Kosha
 - Tends to hyperextend in joints with standing and movement
 - ROM: good length of hamstrings with sitting and forward folding, good hip mobility, spine and shoulder mobility. Pain with spine extension
 - Strength: weakness of the legs and core seen by decreased endurance and shaking of the legs with standing postures (Warrior I, Warrior II, Triangle). She had difficulty with engaging her abdominals. She had poor balance with single leg balance testing
 - After standing postures client reports her back being “activated “ meaning slightly painful

Evaluation

- Prana Maya:
 - Shallow and paradoxical breathing.
 - Client demonstrated heightened and nervous energy. Hypervigilance to sensation and worry of sensation. She had difficulty relaxing. Client voiced worry and anxiety with activity
- Mano Maya
 - Talkative throughout the practice, difficult to focus. Expressed worry and anxiety with activity.
- Vijnana Maya
 - Client expressed judgement at her ability with postures and how her postures looked. Expressed how she has wanted to be graceful, loves the ballet. However, she experiences herself as fragile and unable to move well or gracefully.
- Ananda Maya
 - Difficulty with relaxing, difficulty with understanding the experience of contentment, joy, peace, happiness

Case Study Yoga assessment

- Yoga Assessment:
 - Client presents with imbalance in raja guna and decreased stability/strength in her body. Client also presents with judgement and worry about her ability and body and decreased connection to joy or peace. These findings may contribute to her back pain, breathing dysfunction, migraine, anxiety, panic and decreased sleep.
- Integrated Assessment
 - Client presents with decreased stability/strength in her body as well as anxiety, worry and decreased ability to experience peace or ease. These findings may contribute to her back pain, breathing dysfunction, migraine, anxiety, panic and decreased sleep

Plan

- Client will benefit from yoga therapy to
 - Connect to a sense of purpose, meaning, peace, ease or joy
 - Regulation of the ANS and working with resilience of the ANS
 - Balance of the musculoskeletal system including stability and strength
 - Correction of breathing patterns
 - Learning the relationship of thoughts, emotions, beliefs and physical sensation and management of these in regulation and resilience of the system

Plan

- Yama and Niyama will be given to
 - Cultivate an intention of kindness, gentleness, acceptance, love, ease with the body and mind
 - Cultivate sattva
- Meditations will be given to
 - Engage PNS and build resilience to ANS platforms
 - Become aware of interoception and the connection between mind and body sensation and relationship to worldly phenomena
 - Cultivate kindness, gentleness, acceptance, love, ease with the body and mind
 - Focus the mind
 - Cultivate sattva and build resilience to rajas/tamas

Plan

- Pranayama will be given to
 - Relax the ANS
 - Cultivate diaphragmatic breath
 - Help with stability of the body
 - Cultivate sattva
- Asana will be given to
 - Build connection to the body
 - Cultivate kindness, gentleness to the body
 - Build gentle strength and stability
 - Build resilience of ANS and change relationship to sensation- introspective asana
 - Engage the PNS and build resilience
 - Cultivate sattva and build resilience to rajas and tamas

Sessions

- Client attended sessions 1 x week for 6 months.
- Sessions then decreased in frequency to 1x every 2 weeks and then one time every month for 12 months

Session outline

- Discussion on what had happened- body and mind state
- Centering meditation on one of the intentions of kindness, gentleness, acceptance, love, ease with the body and mind
- Asana and pranayama
 - Focusing on sensation, emotion, thought, belief and working with changing relationship to sensation or on changing sensation itself
 - Sequence next

Practice examples

- Started supine with hip mobility, rhythmic twisting of the spine and hips
 - Gentle strength with knee to chest
- Moved to hands and knees spine mobility
- Standing postures:
 - Warrior I, Warrior II, Triangle, Tree
 - Worked with the experience of “activation” taking breaks and laying down as necessary
 - Started with about 8 min of standing and gradually increased to about 20 minutes
- Sitting Postures
 - Sitting with strength to gently activate
 - Stretching
- Supine relaxation
 - Meditation: mantra such as loving kindness and metta
 - Yoga Nidra

Outcomes

- Alleviation of back pain with full function with all activities
 - Client able to go on vacation and walk on uneven surfaces for several days without pain- something she would have never been able to do previously
 - When she has felt a twinge in her back she is able to recognize sensation without worry or anxiety and has tools to decrease pain before it gets bad
- Anxiety and panic attacks
 - Client has less worry, able to travel by herself without panic attack. Has tools of asana, pranayama and meditation for these experiences
 - Client is able to feel sensation in the body and rather than worry she is able to take action
- Judgement
 - Client rarely uses language of judgement about ability and uses language of being proud and having self-efficacy to work with body and mind sensation and manage/alleviate symptoms

Continued

- Relaxation/ ease
 - Client able to do Savasana and yoga Nidra
 - Reports ability to relax, experience peace, ease

Sleep and migraines

- Migraines have decreased in intensity and frequency
- Sleeping continues to be a struggle