

Yoga Therapy Assessment



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Yoga Therapy Assessment

- Assessment from a yoga therapy perspective
 - Helps us align with our scope of practice- intention of intervention can be understood in the context of yoga rather than the biomedical diagnosis.
 - Use the biomedical diagnosis to inform, but direct our yoga therapy intervention toward yoga therapeutic perspective
 - Differentiates us from other healthcare professions
 - Helps to emphasize our unique contributions to healthcare
 - If operate from biomedical lens and direct our intervention solely to biomedical outcomes weakens the understanding of yoga and potentially the effect of the practice both clinically and from a research context.



Yoga Therapy Assessment

SOAP NOTE		Client:	Date:
SUBJECTIVE			
PMH:		Client Goals:	
Presenting Cond:		YT Goal:	
OBJECTIVE			
Annamaya (Physical):		Pranamaya (Energetic):	
Pain Discomfort: where: nature: how long: what ⬆️ Physical Assessment: Postural Observ MSC imbalances tension/weakness other:		Energy Level gunas: Sleep Disturb sleep routine thoughts/pain? Breath Assess: prana vayus other:	
Manomaya (Mental/Emotional):		Vijnana/Anandamaya (Connection Self/Others)	
Nature of thoughts/kleshas: fear/anxiety sadness/rumination frustration/anger stress/overwhelm how affecting daily life other:		Self-care: social support: what brings joy: spirituality: other:	
YOGA ASSESSMENT			
<i>Key highlights from above in yoga terms</i>			
Practitioner Name:		Supervisor Name:	
Signature:		Signature:	

Anna: Movement assessment through asana and supporting muscle tests

Prana: breath and prana vayus

Mano: Gunas and MYMOP

Vijnana: beliefs and discernment questions

Ananda: Purpose, meaning, joy

This information helps inform those in healthcare and the public the perspective of yoga therapy. What we are focusing on in intervention and our goals, intentions, scope of practice



Prana Vayu Evaluation Worksheet

Interview and Intake: Physiological Evaluation- Prana Vayu principle	Interview and Intake: Mental/Psychological Prana Vayu principle	Breath Evaluation	Relationship of movement and sensation: introspective asana and relaxation practice
<p>Prana Vayu</p> <ul style="list-style-type: none"> o Heart o lung/respiratory <p>Apana Vayu</p> <ul style="list-style-type: none"> o Menstrual o Elimination <p>Samana Vayu</p> <ul style="list-style-type: none"> o Digestive o GI o Absorption <p>Udana Vayu</p> <ul style="list-style-type: none"> o Throat o Thyroid o Speaking <p>Vyana Vayu</p> <ul style="list-style-type: none"> o Circulatory system health o Distribution of energy o Nervous system health 	<p>Prana Vayu</p> <ul style="list-style-type: none"> o Capacity to receive, sense, let in <p>Apana Vayu</p> <ul style="list-style-type: none"> o Capacity to let go, release patterns, habits, thoughts, behaviors <p>Samana Vayu</p> <ul style="list-style-type: none"> o Capacity to integrate <p>Udana Vayu</p> <ul style="list-style-type: none"> o Capacity to articulate, witness, and observe sensation, thought and emotion <p>Vyana Vayu</p> <ul style="list-style-type: none"> o Capacity to be fluid, to change, to expand beyond the egoic self 	<p>Prana Vayu:</p> <ul style="list-style-type: none"> • Expansion up into the heart and chest and how deep is the inhalation. <p>Apana Vayu</p> <ul style="list-style-type: none"> • How much do they expand lower abdominal area and how deep is the letting go on the exhale <p>Samana Vayu</p> <ul style="list-style-type: none"> • Capacity and ability to exhale fully • How much movement and expansion in the ribs and side body- is the breath integrated well <p>Udana Vayu</p> <ul style="list-style-type: none"> • How much expansion into the collarbones <p>Vyana Vayu</p> <ul style="list-style-type: none"> • How is the transition of the breath from one to the other and how does the breath move throughout the body 	<p>Prana Vayu:</p> <ul style="list-style-type: none"> • How open and able are they to connect to movement and postures • How much can they sense inside- body, emotions, thoughts as they are moving and holding postures. • The capacity to bring in, to receive and to be aware of sensation in posture <p>Apana Vayu:</p> <ul style="list-style-type: none"> o Capacity to let go of sensation, emotion, belief that does not serve them in a posture. o The capacity to relax after the posture or let go after a posture <p>Samana Vayu:</p> <ul style="list-style-type: none"> o Capacity to integrate what they are feeling and letting go of. <p>Udana Vayu:</p> <ul style="list-style-type: none"> o The capacity to understand and articulate the quality of sensation, the emotions, beliefs that arise in the body and mind as they move, release and hold postures <p>Vyana Vayu:</p> <ul style="list-style-type: none"> o the capacity to bring a different perspective in, cultivate change in the relationship to sensation while in postures. o Capacity to step into witness, discernment and self-awareness and to change the story and patterns of body and mind

Footer



Research and Clinical Implications

- We can use yoga assessment alongside other validated tools to both work towards yoga goals and outcomes while investigating its effect on biomedical or scientific outcomes.
 - This convergence can demonstrate that working toward yoga goals/outcomes aligned with yoga foundational principles are important considerations for medical care.
 - This allows us to capture the experience of the client, the yoga therapist (what we see in clinical care), and its relevance to biomedical/behavioral outcomes
 - PROMIS measures
 - Depression/ anxiety scales
 - Balance, strength, range of motion measures, other physiological measures
 - Spirituality measures



Research and Clinical Implications

- Important to use outcomes that both align with yoga's foundational principles and philosophy that may have convergence with current biomedical or scientific theories that also demonstrate yoga's distinct perspective and role in healthcare or research settings
 - HRQOL
 - Eudaimonic well-being
 - Type of happiness that is not transitory and irrespective of external circumstance
 - Benefits across biopsychosocial-spiritual spectrum
 - Elements common to eudaimonic well-being measures include
 - Purpose/Meaning
 - Personal Growth/ Self-realization/ self-actualization/ development of potentials
 - Authenticity/personal expressiveness/ autonomy
 - Virtues/ excellences/ ethics
 - Positive social relationships
 - Reframing the goals and outcomes for different settings- hospice care/ palliative care/ incarcerated populations

