

## **Yoga Therapy (YT) for Movement Disorders - Principles & Practices**

### **Musculoskeletal Level Rx Goals - Working with...**

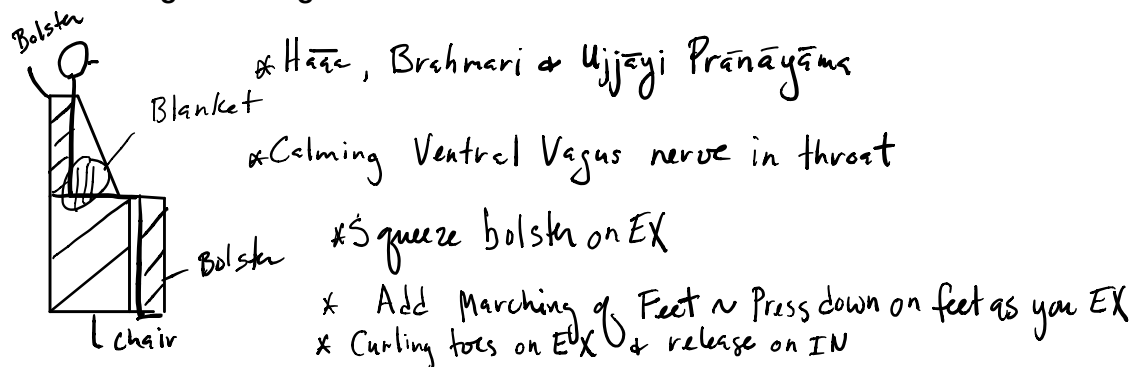
1. Increased flexibility, balance, coordination & strength – All movements of spine!
2. Posture is also a major issue as some students don't have the muscle tone to keep their bodies upright e.g. Scoliosis with CP
3. Spasticity/spasms/stiff joints cause flexibility issues – Long Stretches preferred - Dynamic movement is contraindicated for spasms/spasticity
4. Stretching for ROM & to prevent permanent muscle shortening from Spasticity
5. Smoothing out walking ("freezing") & difficulty initiating movement - PD
6. Initiating Smooth Movement & Decreasing Tremors - PD
7. Slow, Stiff & Shaky Movements/ Breath in PD
8. Making movements smoother/supported through using touch, guiding movements with hands close to core always
9. Standing balance poses – Use chair/wall
10. Stooped posture – Chest Openers
11. Bilateral movement is key - Strong side will support the weak side when moving one side at a time or when using a belt to lift spastic arms/legs
12. Brain Balancing with Bilateral Movement and Breathing
13. Quiet/Weak Voice – Chanting/Singing/Brahmari
14. Flat Affect in PD via Expressiveness – Laughter Yoga; Light Atmosphere; Joy!

### **Psycho Physiological Level Rx Goals - Working with...**

1. Communication Deficits (Speech) - Chanting & Humming for speech/ language/memory problems
2. Vocalization/breathing & chanting/ singing work may help with speech impediments & "learned helplessness" from lack of communication
3. Concentration/Meditation for memory/ vision problems
4. Sensory deficits (Vision & Hearing)
5. Cognitive deficits (Memory & Attention)
6. Chronic pain & insomnia as well as greater attention, concentration & memory
7. Vision Problems: Dṛiṣṭi – Focus on Hand Movement with Eyes & Long EX - PNS
8. Heat Reduction for MS ONLY (Vāta Pitta) – Others Movement Disorders are Vāta, so warmth is good for Vāta
9. Breathing should also deepen & become less laboured due to improved posture
10. Fatigue/sleep problems – Restorative poses with breath work
11. Lots of "Rests" b/t poses especially with MS to cool down and deal with fatigue
12. Encourage relaxation response (PNS) from doing calming practices
13. From a neuroplasticity point of view, YT helps students build new neural pathways as mind & body are brought into greater integration – bilateral movement is key - strong side will support the weak side
14. Encourage safety, grounding, empowerment/self-determination and connection to the Self/Life Force
15. Promote better mood, more confidence & social contact in group Yoga Therapy!

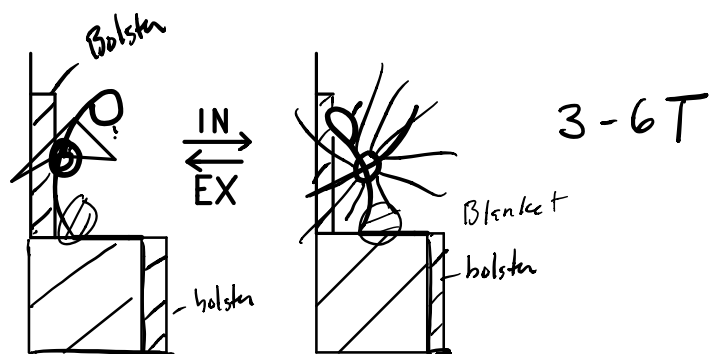
## Example Practices

### 1. Grounding Breathing

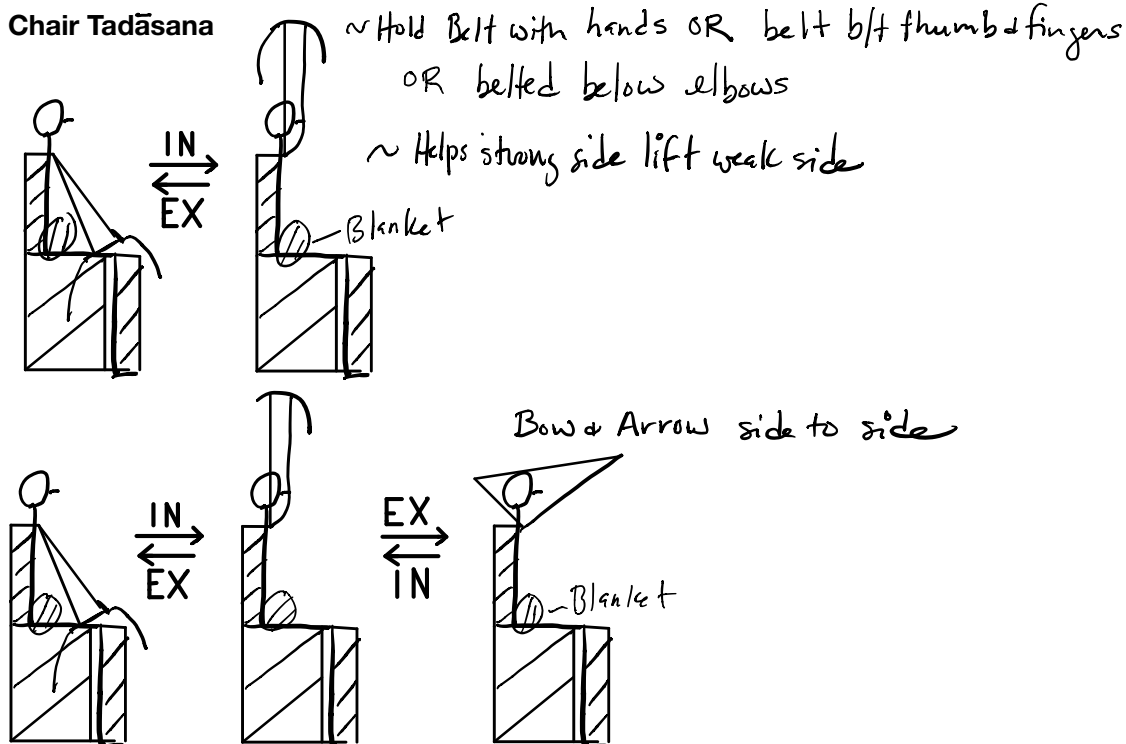


### Neck & Shoulder, Upper Back/Lower Back Warm Ups

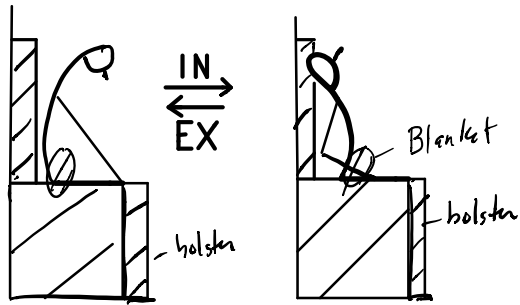
### 2. Sun Breathing with Om on Exhale



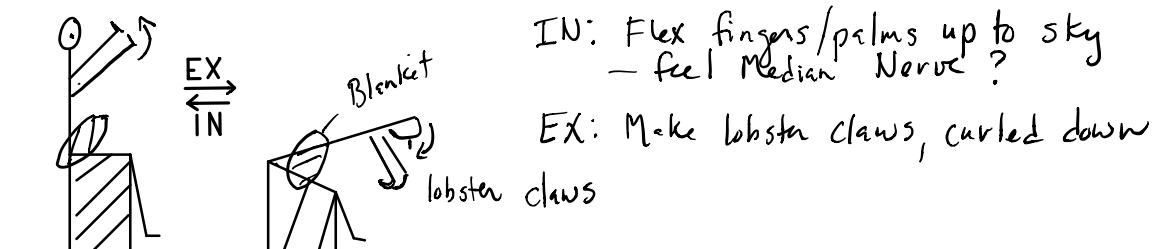
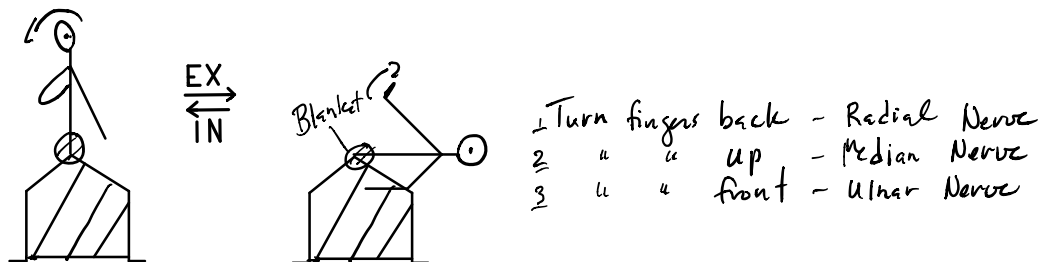
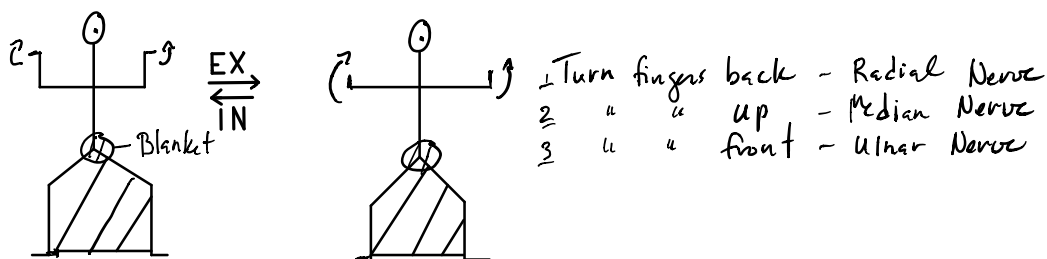
### 3. Chair Tadāsana



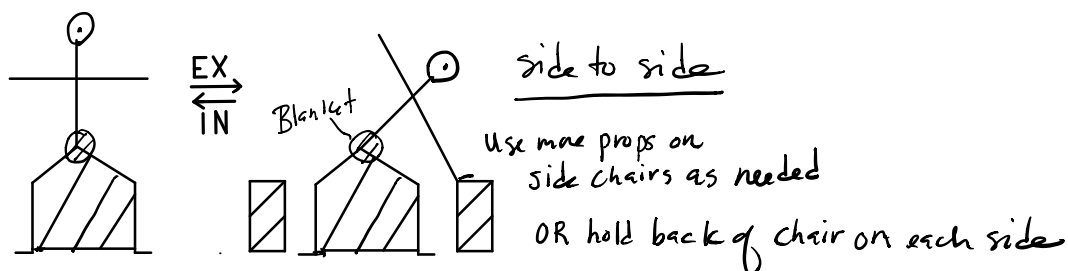
## 5. Chair Cakravakasana

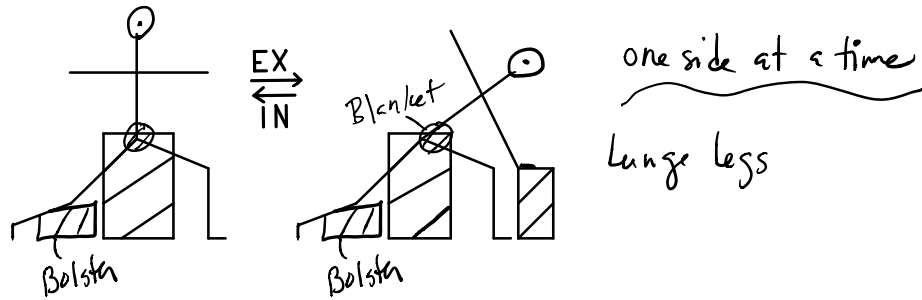


## 6. Nerve Flossing: Ulnar, Radial & Median Nerves: Seated or Standing

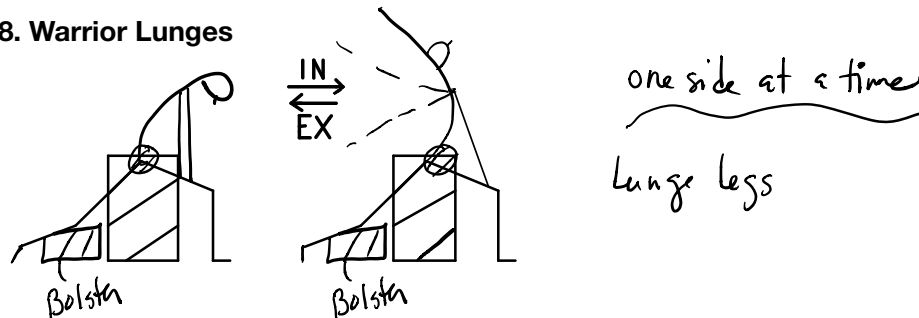


## 7. Chair Pārsvakonāsana



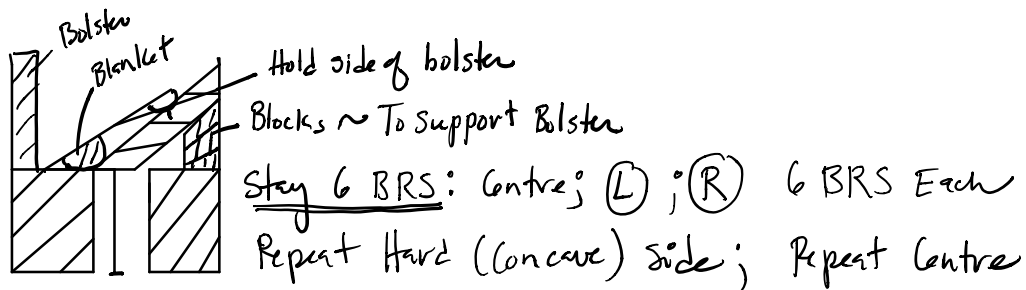


## 8. Warrior Lunges

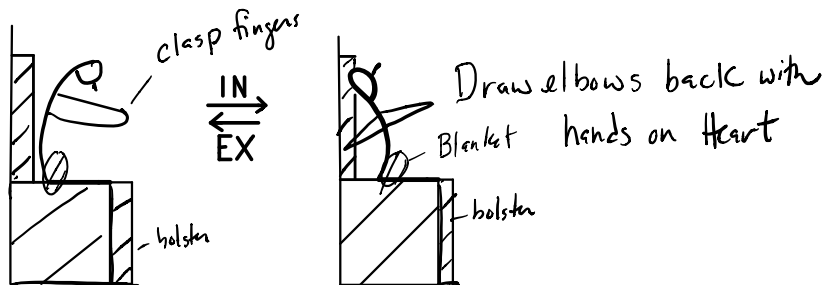


## 9. Uttanāsana

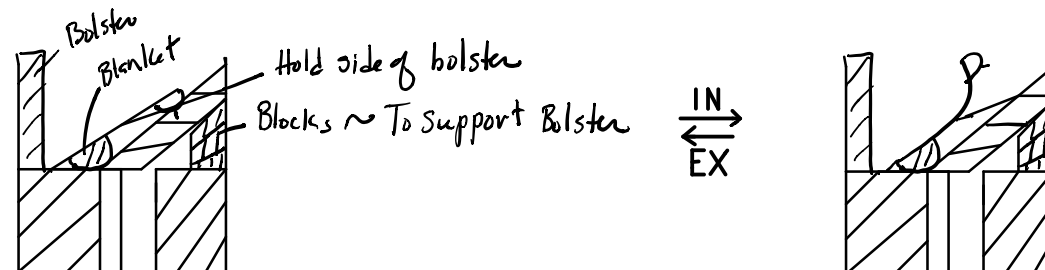
Pārsva Version: Move front chair to one side & then the other

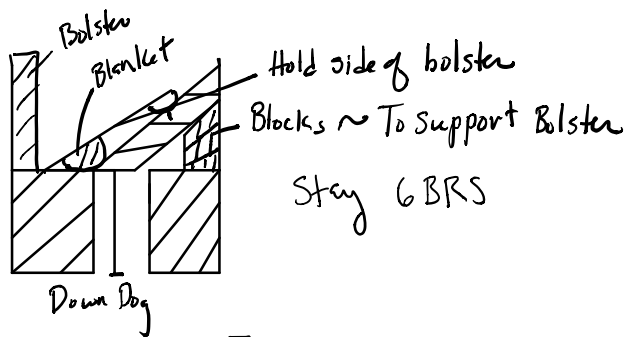
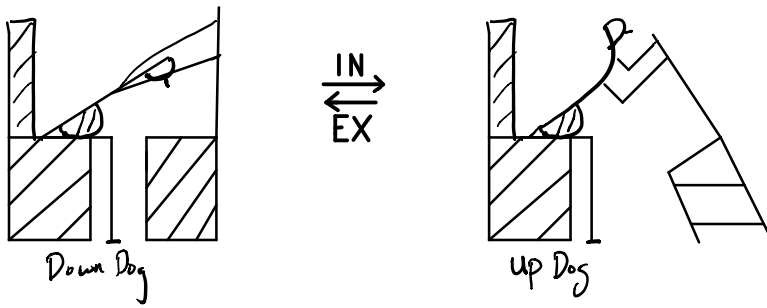


## 10. Cat-Cow for Neck, Shoulders & Upper Back



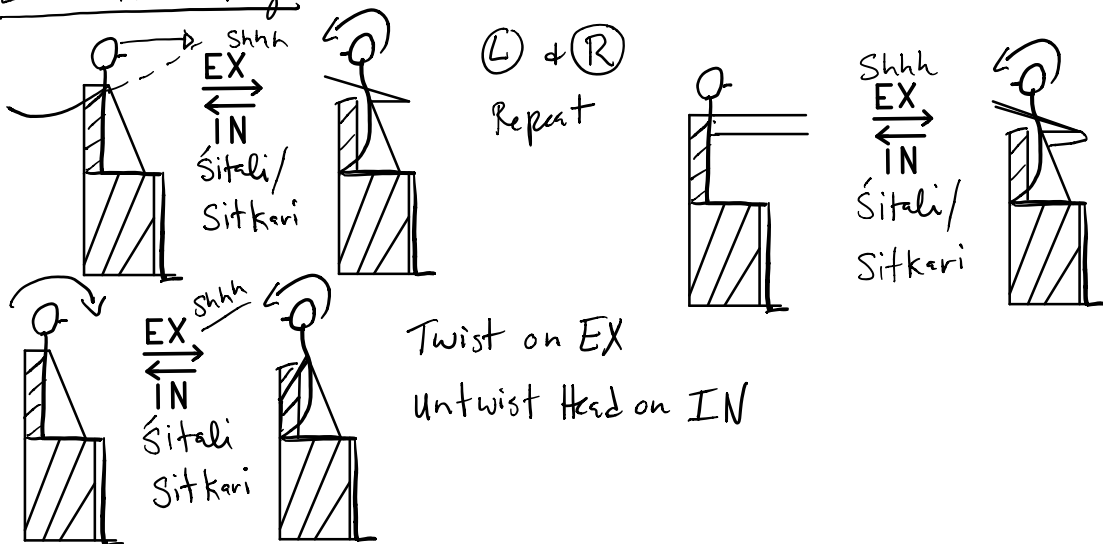
## 11. Updog - Downdog



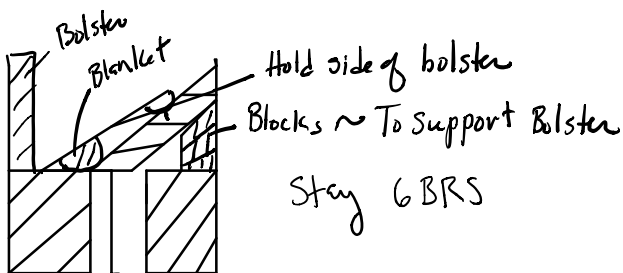


## 12. Ardha Matsyendrāsana Variations

Look at Middle Finger Try Twists w/ EX Shhhh for Liver Cooling

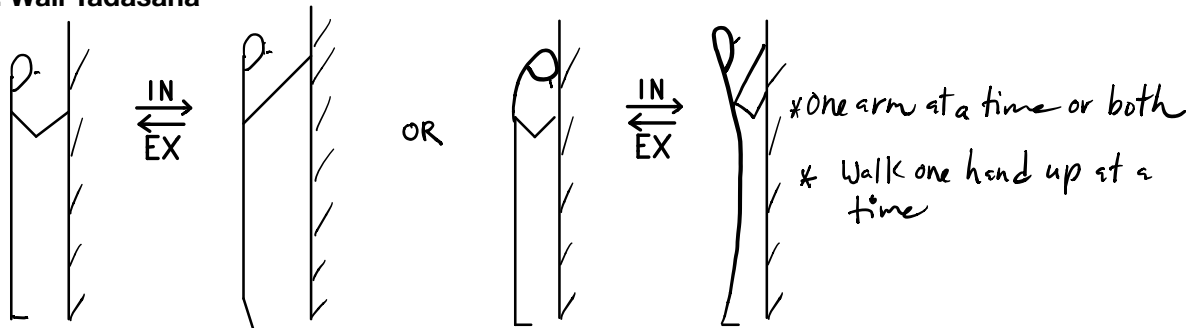


## 13. Chair Uttanāsana

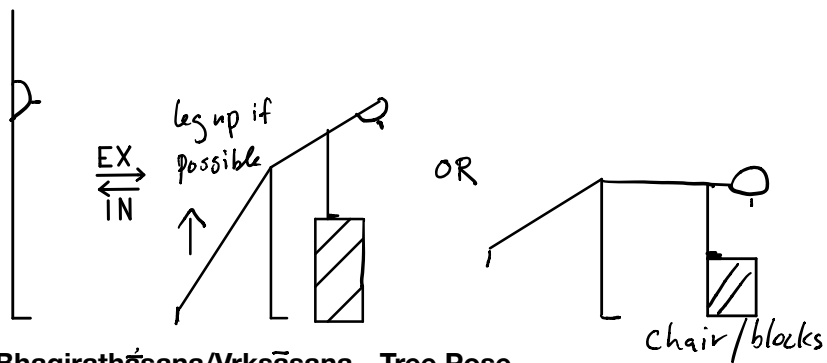


## Standing Poses if Possible for MS & PD

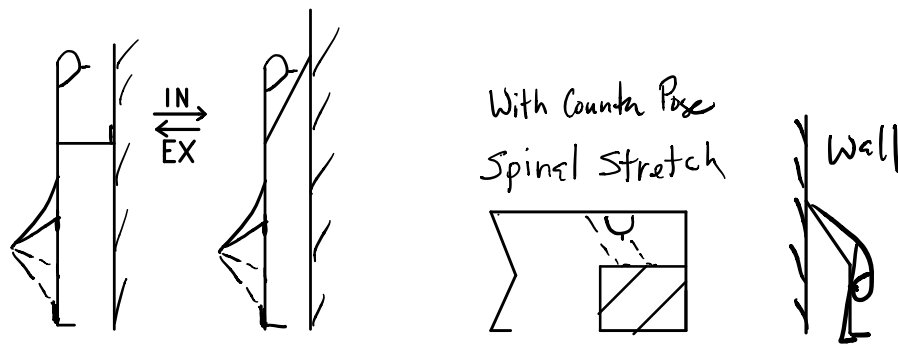
### 14. Wall Tadāsana



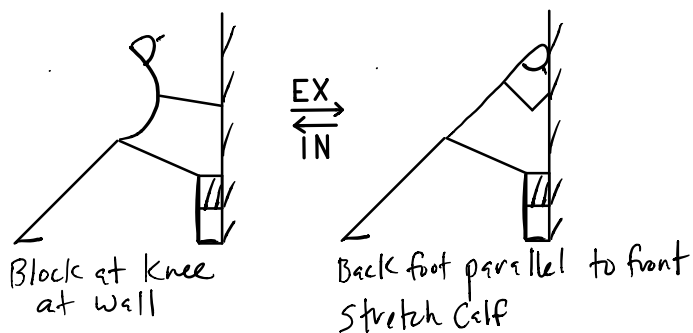
### 15. Virabhadraśana 3 Balances

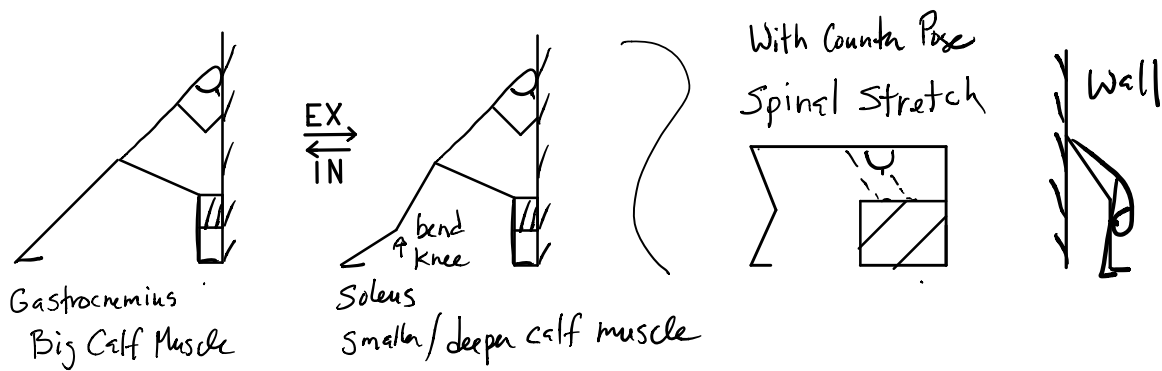


### 16. Bhagirathāsana/Vṛkṣāsana - Tree Pose

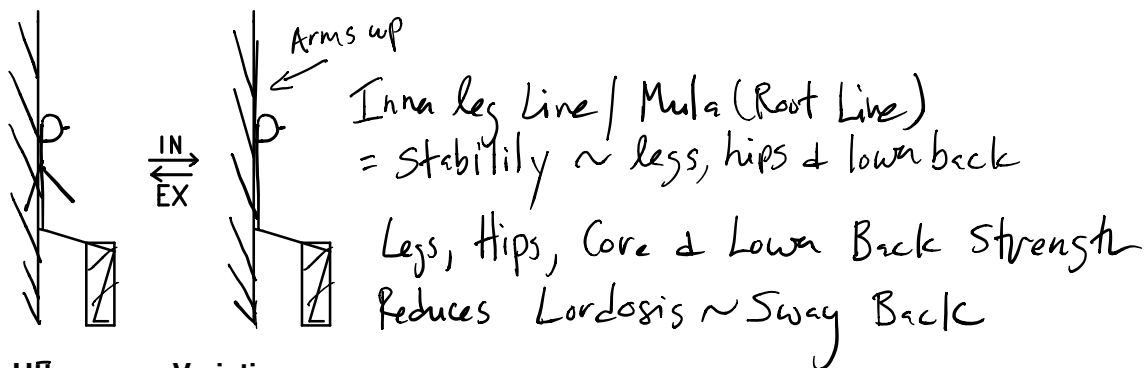


### 17. Virabhadraśana Leg Stretches

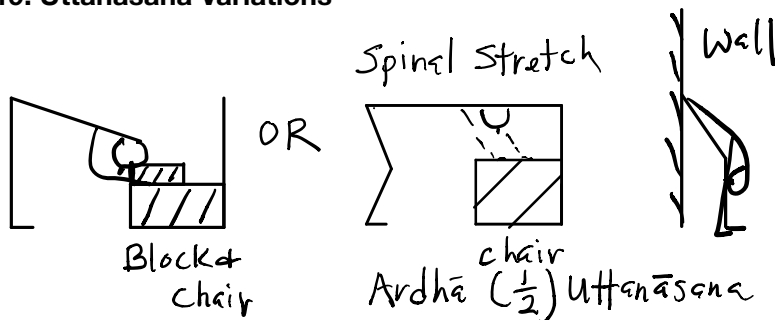




### 18. Ardha Uttāṭasana



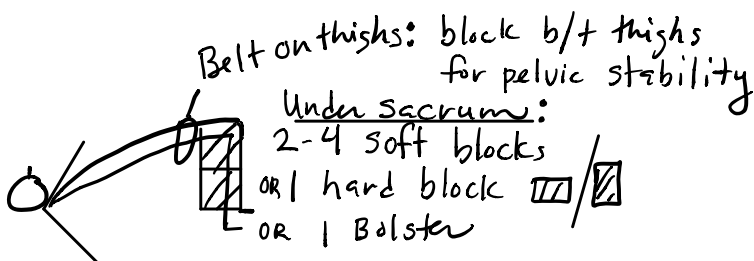
### 19. Uṭṭāṇāsana Variations



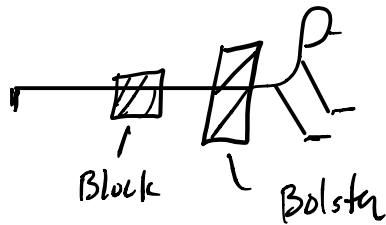
### Supine Poses

#### 20. Dvipādapīṭham

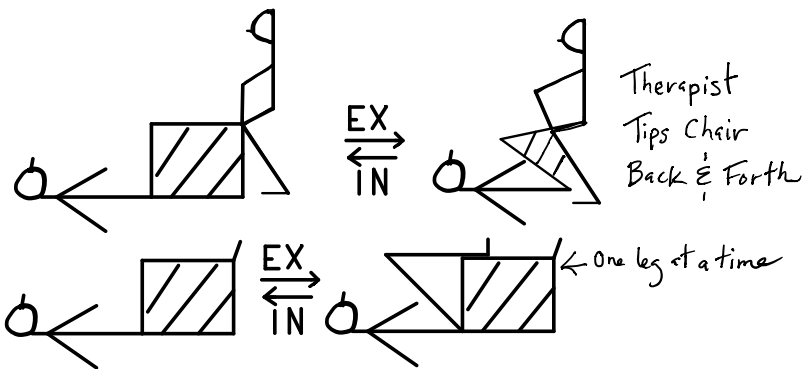
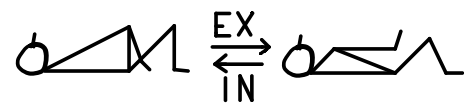
**Note:** Vinyāsa Version may be contraindicated because of spasticity/lack of mobility/strength in legs



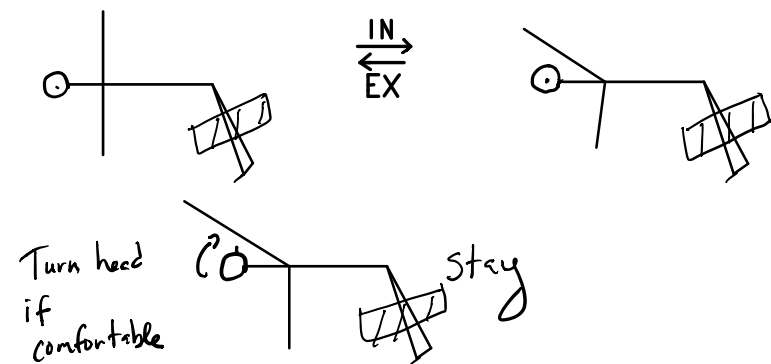
## 21. Bhujangāsana



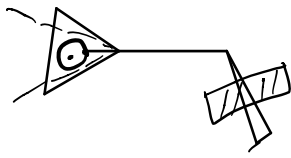
## 22. Apānāsana



## 23. Jathara Parivrtti (Pārsva) "Banana Pose"







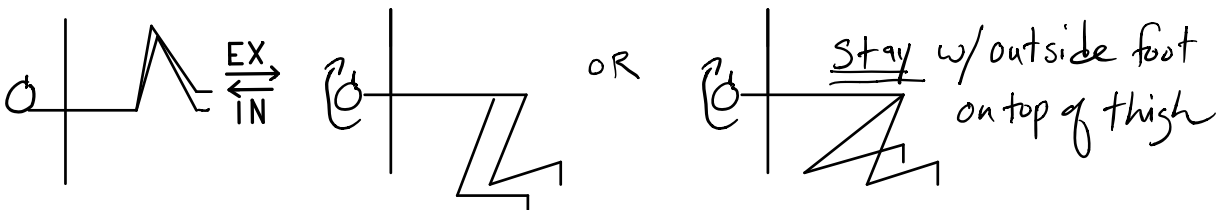
L ankle over R to Left side OR Reverse

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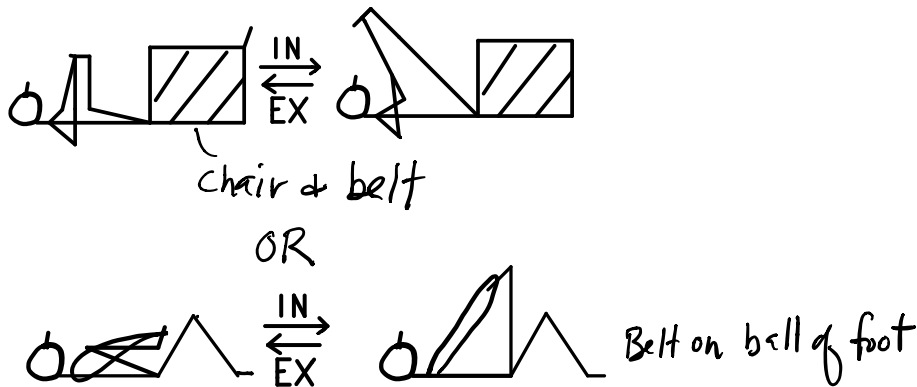
Add blankets/blocks  
under head/shoulders  
as needed

Bolster for tight hamstrings / LB Pain ~ Lordosis  
OR for disabilities e.g. spasticity in legs

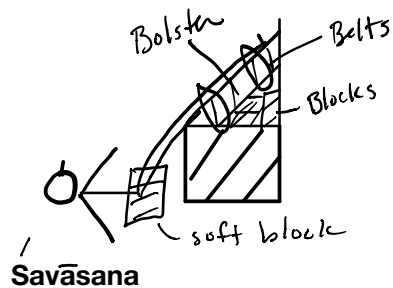
## 24. Jathara Parivrtti (Parivrtti) - Windsheild Wiper Variation



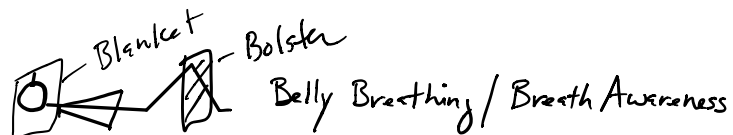
## 25. Supta Padangusthasana Variations



## 26. Viparita Karani with a Chair, Bolster and Belts



Savasana



Belly Breathing / Breath Awareness