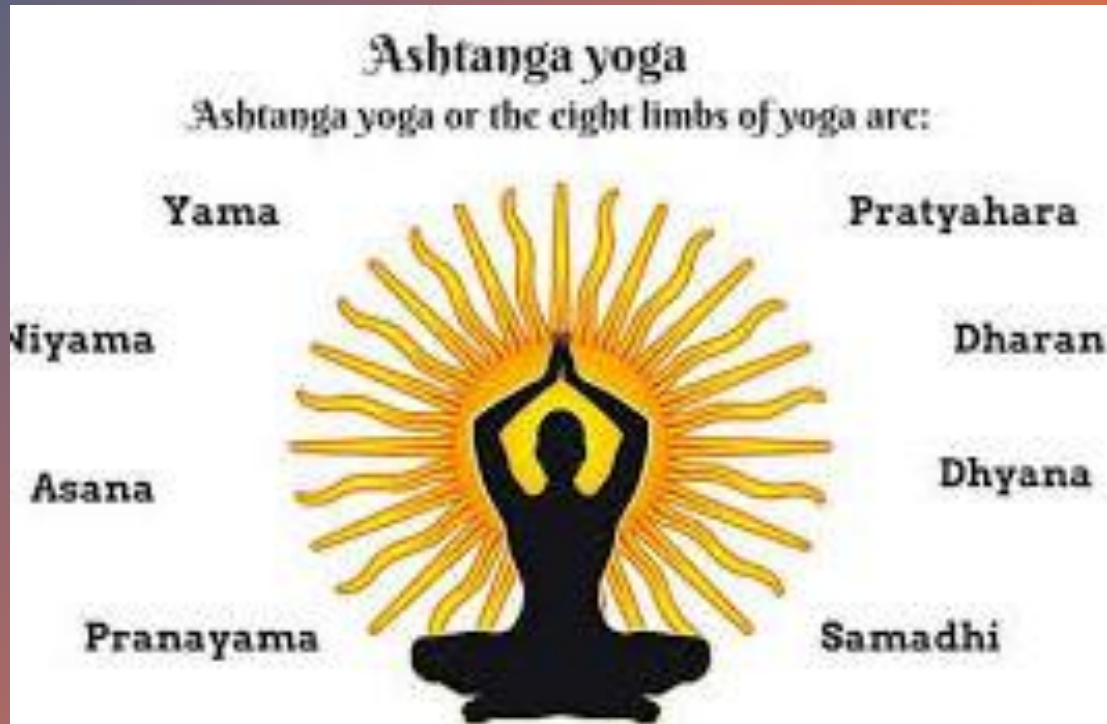


PHYSIOYOGA “BEYOND THERAPY” YOGA IN WHOLISTIC WELLNESS





DR. NILIMA PATEL , PhD
FELLOW OF INDIAN ASSOCIATION OF PHYSIOTHERAPISTS
HONORARY DIRECTOR OF FACULTY OF PHYSIOTHERAPY,
PARUL UNIVERSITY, VADODARA

VISION

MISSION

PASSION

ACTION



A GREAT FEELING OF GRATITUDE GURUJEE - DR. VISHNUPRASAD ACHARYA



INSPIRATION



BLESSINGS



I AM PROUD TO BE A PHYSIOTHERAPIST (IQ), ENRICHED MY KNOWLEDGE
WITH PSYCHOLOGY (EQ), EMPOWERED IT WITH YOGA SCIENCE(SQ) TO
NURTURE THE REHABILITATION PROCESS WHOLISTICALLY



DOMAIN-1

YOGA

DOMAIN-1- YOGA

1. YOGA
2. PATHS OF YOGA
3. ASHTANGYOGA
4. MY EXPERIENCE WITH YOGA
5. EXPERIENTIAL DIMENSION OF YOGA POSTURES
6. PRANAYAMA
7. MEDITATION
8. YOGA IN HEALTH CARE
9. YOGA IN PHYSIOTHERAPY
10. YOGA & HEALING
11. SUN SALUTATION CYCLE
12. CHAIRYOGA

DOMAIN-1- YOGA

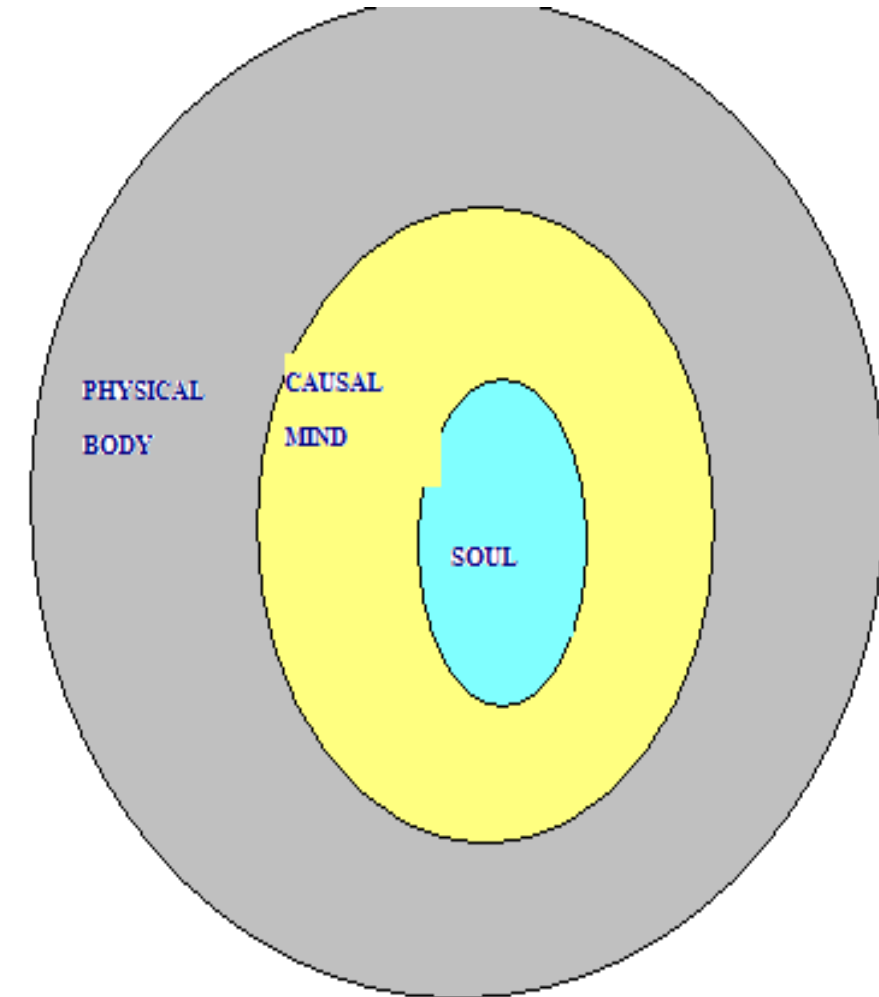
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Yoga is...

“The Journey Within to Without”



Yoga believes that this journey requires Human Potential Energy to be converted to Kinetic Energy either spontaneously or by MEDITATIONAL PRACTICE.



YOGA IS...



- It is a special type of exercise through mind regulation.
- Yoga is a science of Breath, Movement and Mobility
- It is a means & measure to achieve Positive Health.
- It is to be experienced & felt.
- It is an Adjunct Therapy.



YOGA IN HEALTH CARE

- Therapeutic yoga is not a substitute for any pathy, but it is an Adjunctive therapy in health care approaches.
- Treatment techniques can reduce or correct the physical symptoms of any disease, Psychotherapy through empathy can understand the disorder but Yogic guideline and practices through Interpathy (Soul consciousness) can heal the meatal and physical trauma and improve the Quality of Life of a patient.



YOGA PRACTICES

- In today's times of the great medical advancement and research, the philosophical, psychological, metaphysical dimensions in health care when integrated with the spiritual dimension of yoga practices, the rehabilitation program becomes a recuperating and pleasant experience
- Yoga practices may not cure an organic disease but has great therapeutic influence on psychosomatic and functional disorders as its practices makes a person accept the situation with patience, tolerance and positivity
- Disease may not be cured but emotions can be calmed down to heal with pranayama and meditation practices.

WHAT DOES RESEARCH SAY..

- THE CYCLE OF EMOTION, PAIN, TENSION(Mental & Physical)
Stress and Anxiety trigger tension (Mental & Physical).
- This alters brain chemistry leading to poor pain perception and tolerance.
- This furthermore causes altered blood flow, increase muscle tension and tightness leading to increase pathophysiological changes and disturbed lifestyle matters.

WHAT DOES RESEARCH SAY..

- This suppresses the Acquired immune responses, triggers inflammatory reactions, increased pain and lowered activity causing low energy level, activation and participation.
- This vicious pain cycle lowers Self esteem, elevated fatigue (mental and physical) leading to all types of Psychosomatic lifestyle disorders.
- THE ANSWER TO THIS IS ABHYAAS (Disciplined lifestyle).
- FOUADATION OF ASHTANGYOGA IS SELF DISCIPLINE.

WHAT DOES RESEARCH SAY..

- The Ashtangyoga Science is the most ancient and practical applied science
- The foundation of this science is “Self-Discipline”
- The Autonomic Nervous System (ANS) indirectly influences the muscle tension by regulating the blood flow and the body’s general state of arousal, rather than directly controlling the skeletal muscles like the somatic nervous system
- While the somatic nervous system causes conscious movements, the ANS, through its Sympathetic nervous system (fight or flight) and the Parasympathetic (rest and digest) affects the state of the entire body which in turn affects the muscle tension

WHAT DOES RESEARCH SAY..

- Chronic stress and ANS dysfunction can be associated with altered blood flow ,increased muscle tension and chronic pain, the sympathetic activation and parasympathetic regulation can lead to readiness, alertness and activation of the muscles with relaxation response through related oxygenated blood flow
- THE PSYCHOPHYSICAL CONCEPT OF ANY YOGA POSTURE WHEN PRACTICEDWITH THIS EXPERIENTIAL DIMENSION BECOMES AN ENERGY CONSERVATIONPOSTURE AND INVITES POSTURAL HEALTH, THE FOUNDATION OF POSITIVEAND COMPLETE HEALTH

POINTS TO PONDER

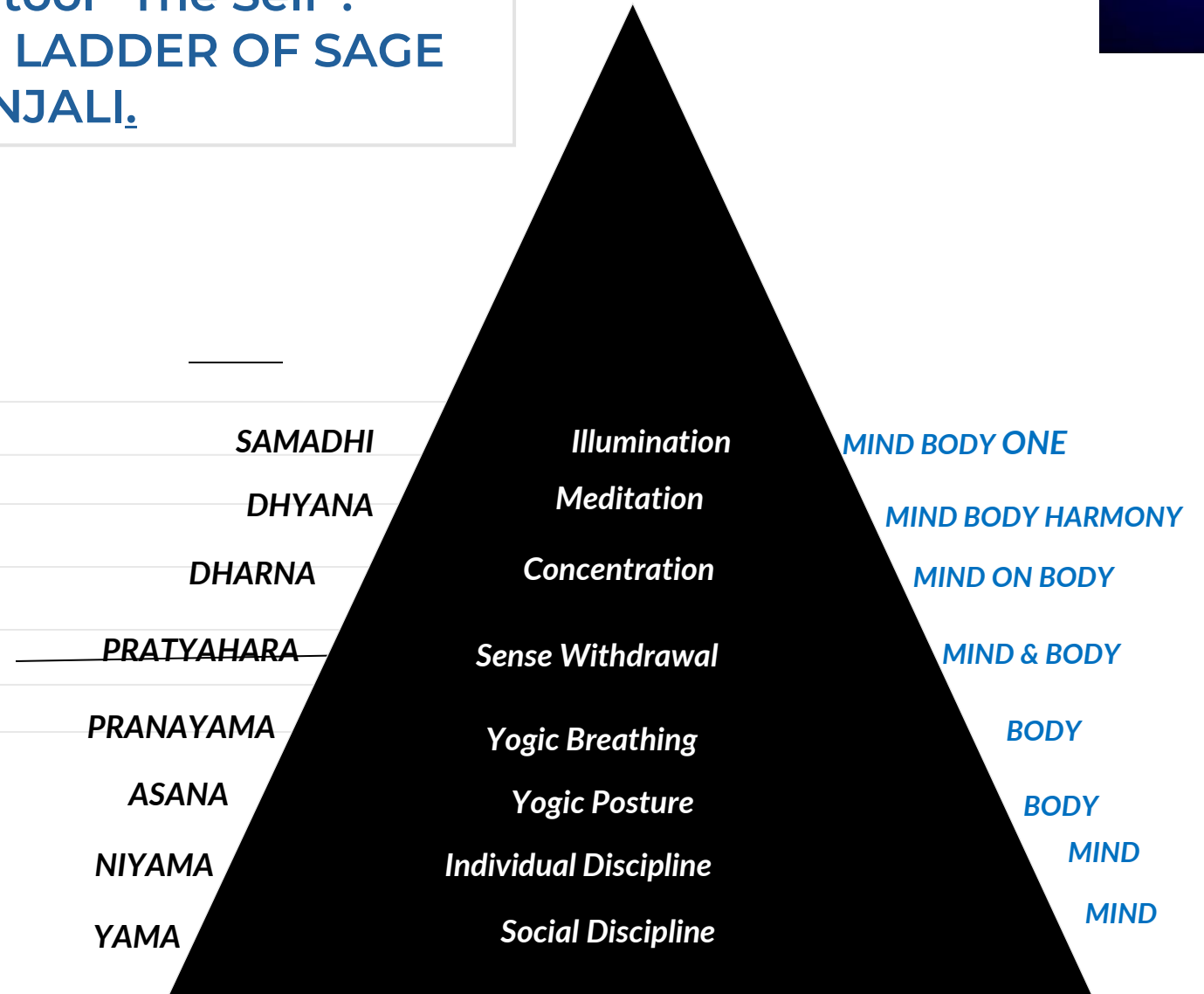
- Treatment: physical (prescriptions)
- THERAPY: (postures, mental ability & body movements) instructions
- Management: (physical, mental, social) guidelines
- Approaches (physical, mental, social, spiritual) wellness



“THE SPIRITUAL TOOL- SELF”
A simple, practical, realistic, economical
and subjective tool “The Self”.
**THE ASHTANGYOG LADDER OF SAGE
PATANJALI.**

Spiritual core of assessment.
(Empathetic Listening)

**Spiritual Approach of
management practiced
(Interpathic Guidelines)**



THE ASHTANGYOGA THE EIGHT LIMBS

Ashtangyoga is thinking Spiritually and living Peacefully

"THE EXTRINSIC LIMBS"

- 1. YAMA
- II. NIYAMA
- YOGASANA
- IV. PRANAYAMA
- V. PRATYAHARA

**Social, Mental & Physical Wellness & Health: ACTIVATES VOLUNTARY
NERVOUS SYSTEM**

THE ASHTANGYOGA THE EIGHT LIMBS

Ashtangyoga is thinking Spiritually and living Peacefully

"THE INTRINSIC LIMBS"

- VI. DHARANAA
- VII. DHYAANA
- VIII. SAMADHI
- SPIRITUAL WELLBEING
- REGULATES VOLUNTARY NERVOUS SYSTEM BY INVOLUNTARY-AUTONOMIC NERVOUS SYSTEM

THE ASHTANGYOGA LADDER

- I. YAMA

SOCIAL DISCIPLINE

These are universal Moral commandments and followed everywhere to live with code of conduct in society

- II. NIYAMA

INDIVIDUAL DISCIPLINE

These are moral conducts for oneself. When practiced with sincerity and dedication cheers, tranquilises and regulate the mind



III. YOGASANA ASHTANGYOGA



STHIR SUKHAM ASANAM

PRAYATNA SHAITHILYAM

ANANTA SAMAPTIBHYAMA

SAGE PATANJALI

Posture Is That Which Is Stable. Pleasurable And Comfortable

By Letting Go Of The Effort. Alignment With The Infinity Is Attained

Through this one is able to be unperturbed by the opposites and distractions

Thereby veil over the inner light is obtained

SPIRIT-MIND BODY CONCEPT

THE TECHNICAL DIMENSION OF YOGA POSTURE COREECTS THE PHYSICAL STRUCTURE & THE EXPERIENTIAL DIMENSION NOURISHES THE MENTAL Z7 SPIRITUAL DIMENSION WHICH ENHANCES THE HEALING IN PAIN SYNDROMES.

III. YOGA POSTURES (HATHYOGA) THE EXPERIENTIAL DIMENSIONS



EXPERIENTIAL DIMENSION OF YOGA POSTURES (MIND & SPIRIT) WHAT DOES RESEARCH SAY



- **EMG:** Electromyography has confirmed A State of Electrical silence in the postural muscles in a yoga posture. A profound physiological and mental calm state is observed during a yoga posture when practiced with its prefixed meaning. The Experiential dimension
- **Mindful Relaxation:** Achieving electrical silence in a yoga pose demonstrates the practitioner's ability to consciously relax muscles and release physical tension. This is a core goal of many relaxation and meditative postures when the posture is held by ligamentous support.
- **ACTIVATION OF Parasympathetic Nervous System:** This results in body's "rest and digest" state, which results in normalization of all vital signs enhancing muscle relaxation and relieving muscle tension.

EXPERIENTIAL DIMENSION OF YOGA POSTURES (MIND & SPIRIT) WHAT DOES RESEARCH SAY



- **Flexion-Relaxation Phenomenon:** All backward bending (Extension Yoga Postures) An electrical silence is observed as Erector spinae, ligaments and other posterior structures of the spine take up the load with experiential dimension practice (The Cobra Pose, The Snake Pose, The Bow Pose)
- **Enhanced Mind Body Connection:** Practicing mindfulness , deep breathing helps to calm the ANS and reduce stress and improve stress coping strategies for emotional balance and poise
- **Reduced Inflammation:** Research on pranayama and meditation has shown that conscious relaxation can help decrease inflammation markers

THE TECHNICAL DIMENSIONS (STRUCTURE)



- The transition body movements going into the state of Yogasana and releasing from the state of asana slowly, gradually and rhythmically with breath awareness enhances muscle strength and endurance.
- Maintaining any Cultural Yoga Posture with mind body concept and focusing on breath awareness induces functional stretch to the antigravity muscles, effective proprioceptive feedback, through sensori-motor integration helps in improving the Postural Health and Endurance (Mental & Physical).

WHAT DOES RESEARCH SAY Contd..



- Asana are described as rich "proprioceptive" food for the central nervous system and thus a catalyst to normalization of tone and movement pattern.
- Kinesthetic, proprioceptive, and vestibular feedback is deemed very important for CNS organization and all asana have abundant of that.
- Practicing yoga postures can increase flexibility, strengthen muscles, improve posture, and enhance circulation.
- The practice of yoga is much more than a system of physical fitness; it is a science for balanced living and a path for realizing full human potential.

THE EXPERIENTIAL ASPECT OF A YOGA POSTURE NURTURES HEALING

THE FIVE FUNDAMENTAL YOGA POSTURES ENERGY CONSERVATION

1. SHAVASANA (SUPINE LYING)

2. MAKARASANA (PRONE LYING)

3. DHRADASANA (SIDE LYING)

4. DANDASANA (SEATING)

5. TADASANA (STANDING)

THESE POSTURES CAN BE PRACTISED BY EVERYONE FOR PREVENTION AND
MANAGEMENT OF PAIN SYNDROMES AS THEY HAVE NO CONTRAINDICATIONS

THE FIVE FUNDAMENTAL YOGA POSTURES ENERGY CONSERVATION

- YOGASANA NOURISH AND STRENGTHEN SELF CONFIDENCE AND GIVE A FEELING OF WELL BEING, HENCE REGULARITY, SINCERITY, CONTINUITY AND PATIENCE IN THEIR PRACTISE ARE ESSENTIAL FEATURES TO PREVENT AND OVERCOME PSYCHOSOMATIC DISORDERS .
- “HEALING THE MIND HEALS THE BODY”
- “TRAINING THE MIND TRAINS THE BODY”
- “RESTORING THE IDENTITY IS THE SUCCESS KEY FOR REHABILITATION”

The Psycho – Physical Concept: Yogic Postures

- Joint Approximation Technique.
- Proprioceptive Neuro- Muscular facilitation approach.
- Bilateral limb activity – Symmetrical approach.
- They are to reeducate sequence of activity rather than a set of exercise.
- They are Economical, Flexible, Sequential, Ontogenetic feedback systems.

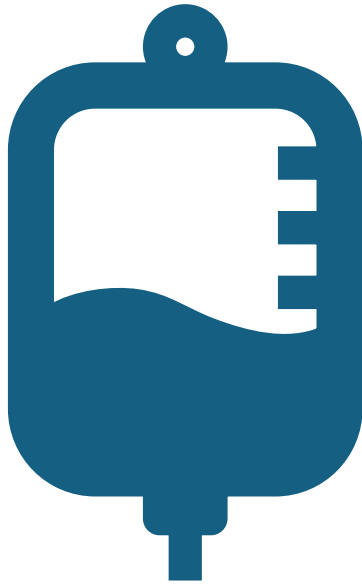
IV. PRANAYAM- YOGIC BREATHING



- “OUR BREATHE”
- No breathe, No life
- Know breathe, Know life

Yogic Breathing Is Not Only Oxygen Intake, But Intake Of Different Powers Too, Which Yogis Call It As Nervous Energy-the Life Force That Strengthens The Stress Coping Mechanism And Immune System Too

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IV. PRANAYAM: THE BREATH AWARENESS ASHTANGOGA

The Yogic **Breathe** The vacuum cleaner of all the body **channel** The
Pulmonary feeder.

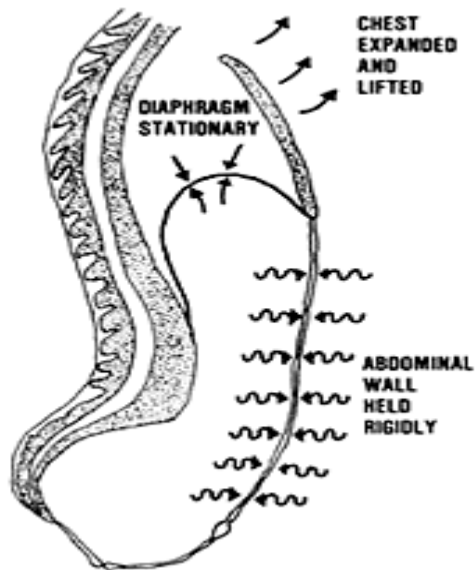
- "Prana" is the vital force of energy in the body. "**Ayama**" means to **regulate, to control, tp channelize, to restrain and to stretch.**
- » • Pranayama is to inspire, motivate, regulate and balance the vital force that is in the body for longevity and vigour and a fulfilled balance life

HATHYOGA PRANAYAMA

- Anulom vilom: the alternate nostril breathing for channels' purification is encouraged
- Ujjayi shvasan: The victorious breathing for muscular relaxation encouraged.

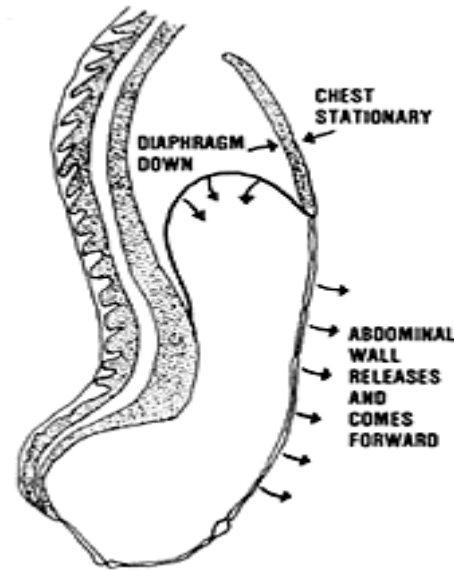
DIAPHRAGMATIC BREATHING

THORACIC



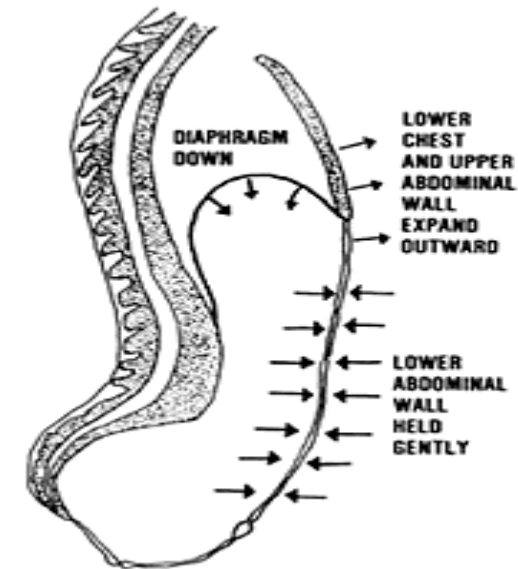
The mental state is
anxious.

ABDOMINAL



The mental state is
relaxed

DIAPHRAGMATIC



The mental state is clear
and attentive

WHY BREATHE AWARENESS?

- Breath awareness helps the body
- Detox
- Repair
- Regenerate
- Blow away stress
- Induce calmness serenity & peace
- Invigorates compassion and understanding
- Can have conscious control over ANS
& AID RECIPROCAL RELAXATION

DR. NILIMA PATEL

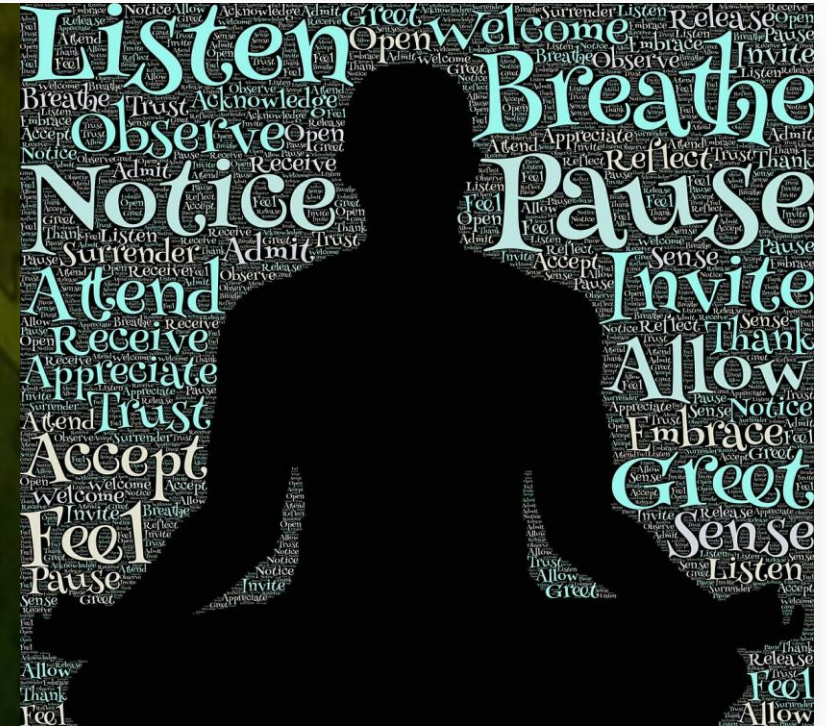




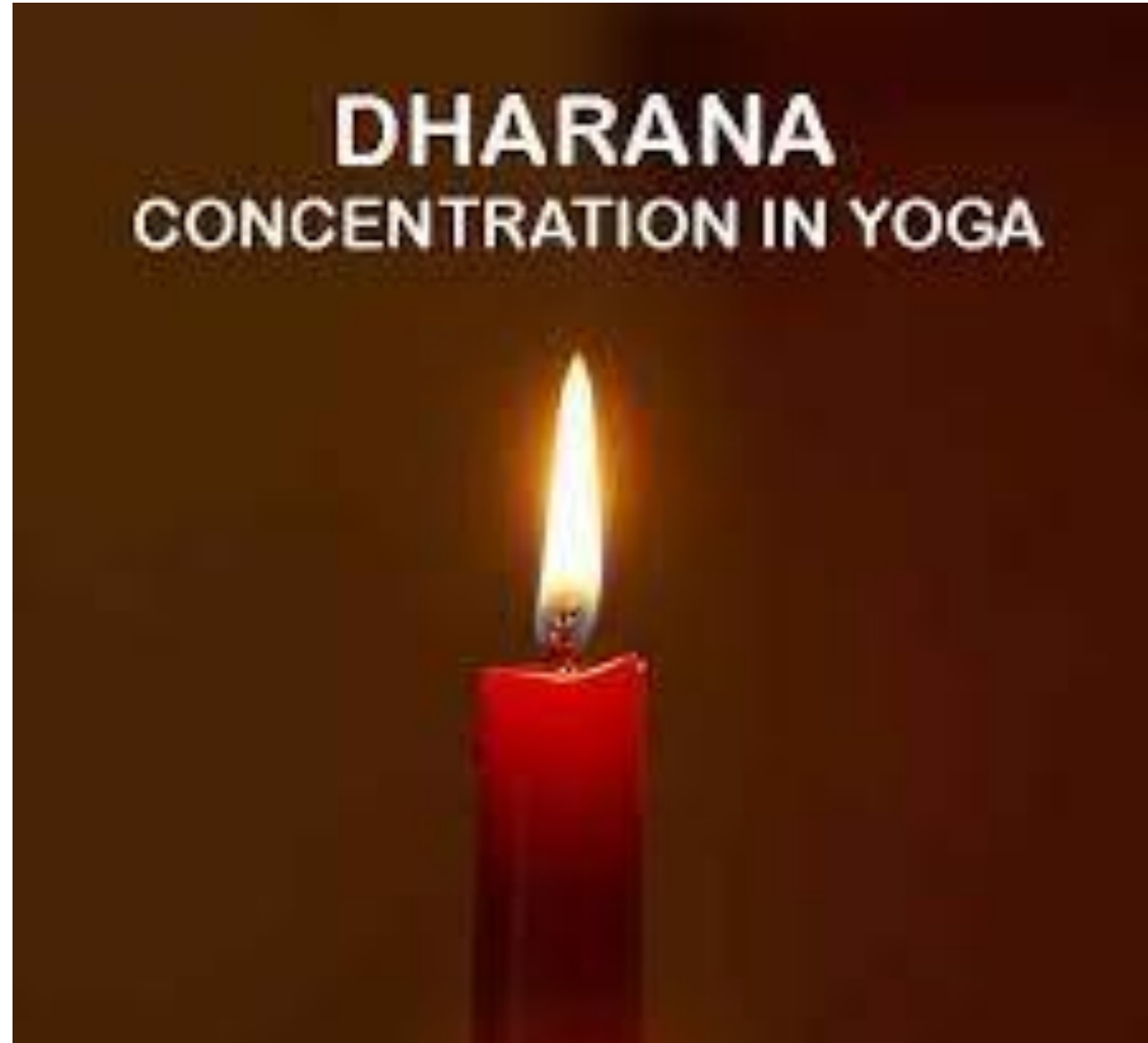
PRANAYAMA (HATHYOGA)

V. PRATYAHAR RISK FACTOR CONTROL

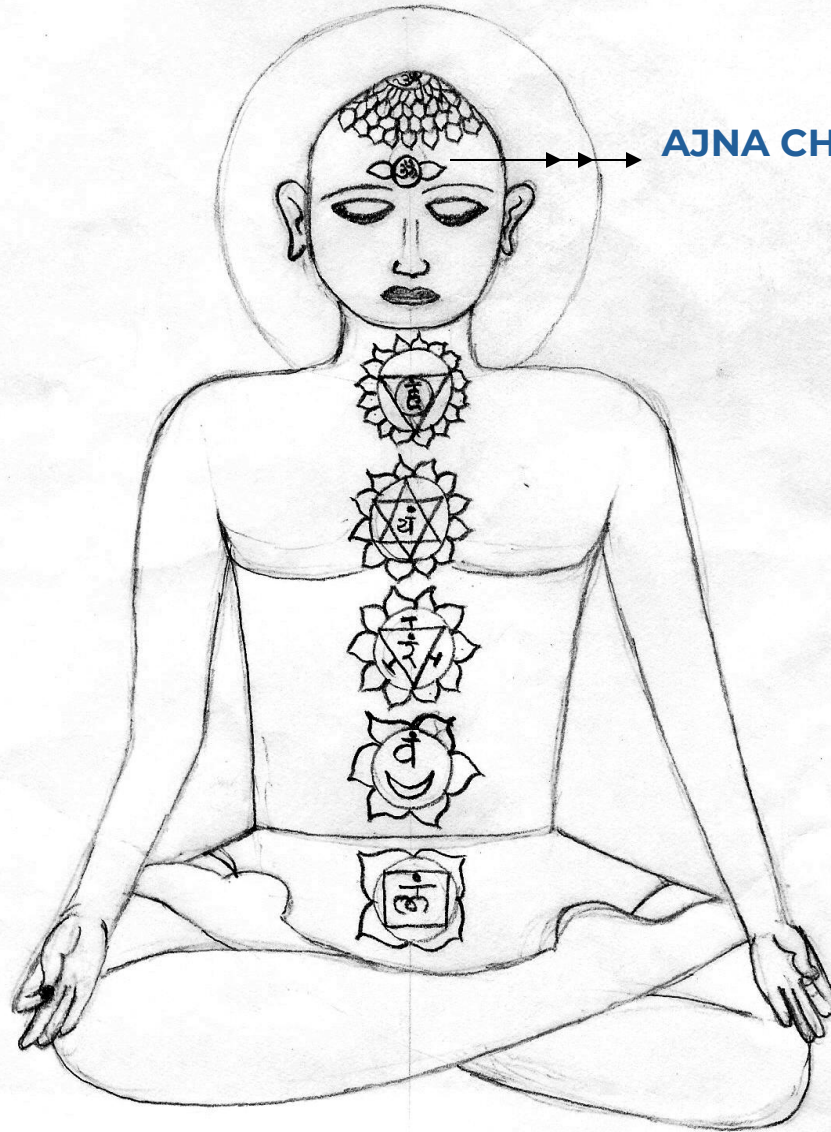
Yogic Pratyahara & Psychological Immunity



VI. DHARNA CONCENTRATION



THE YOGIC CONCENTRATION:



AJNA CHAKRA

- THE LOCATION OF PINEAL GLAND.
- CONCENTRATION IN THE CENTER BETWEEN THE EYEBROWS.
- AIDS MENTAL AND PHYSICAL RELAXATION.

VII. DHYANA: Meditation – Mastery over Attention (A – Tension)

- Shvasan Dhyan: Breath watching in any comfortable sitting posture for 10 minutes – This aids mental relaxation.
- Mantra Dhyan: AUM Mantra chanting, concentrating on 'M' as it controls rage, destroys negativity, improves tolerance. This aids mental and physical relaxation.
- Maun Dhyan: Sitting in silence in any comfortable posture for 10 minutes. This improves one's connectivity to the Self.



VIII. SAMADHI & WELLNESS PHYSIO-YOGA

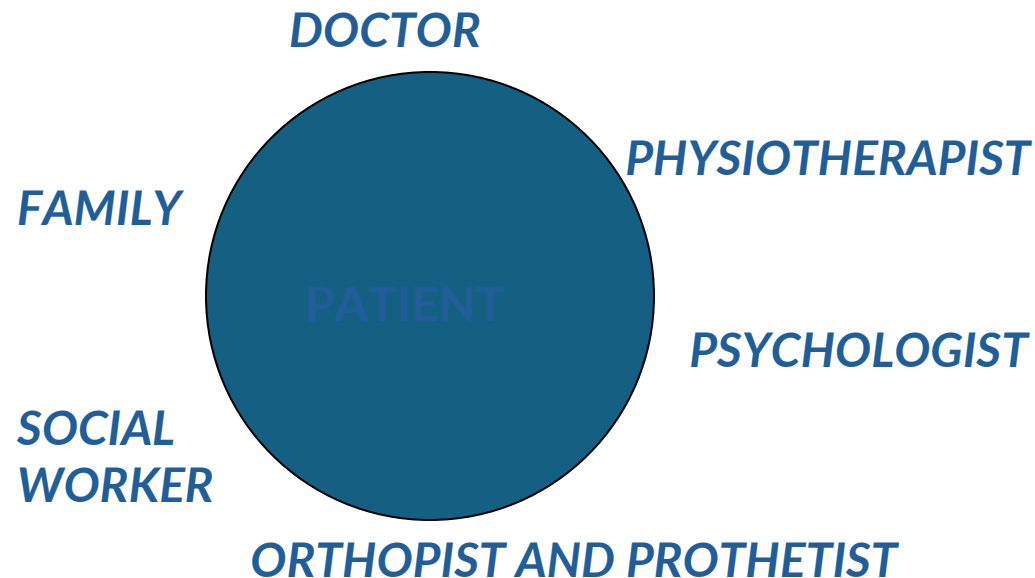
- **Self Discipline = Good Posture
= Good Breathing**
- **For Energy Channelization**
- **Wholistic Health & Wellness**
- **Rehabilitation**
- **For Humanatarian Purposes**



YOGA PRACTICES CONCEPT: WHOLISTIC APPROACH



- The secret of rehabilitation is to give right help at right time.
- Each and every patient is “unique” – human being.
- It is identification, analysis and utilization of once own self, the immense existing capacities within once self to make life more worthwhile and meaningful in spite of the the dysfunction disorder and disability.



A Feeling of self worth, well-being and independence.



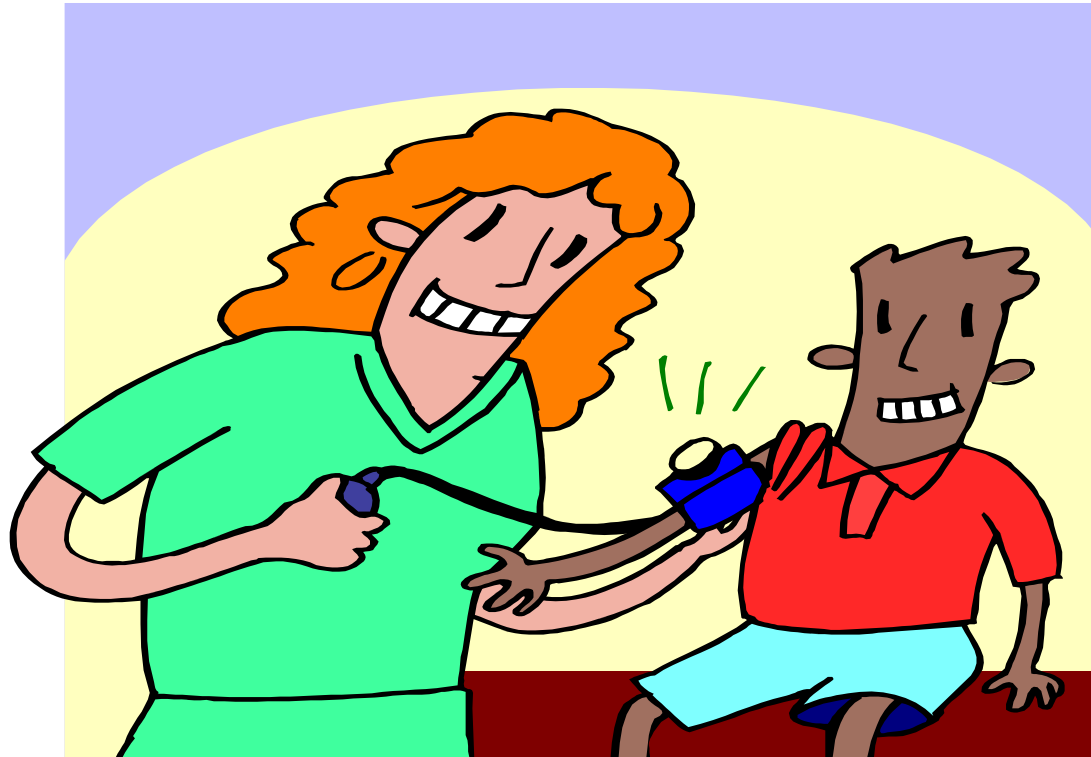
DOMAIN-2

PHYSIOYOGA

DOMAIN-2- PHYSIOYOGA

1. YOGA IN PHYSIOTHERAPY
2. YOGA AND BIOMECHANIC PRINCIPLES
3. PHYSIOYOGA AND WHOLISTIC EXERCISES
4. PHYSIOYOGA FOR POSTURAL HEALTH
5. PHYSIOYOGA FOR WOMEN'S HEALTH
6. PHYSIOYOGA FOR GERIATRIC HEALTH
7. PHYSIOYOGA FOR PAIN SYNDROMES
8. NEURODYNAMICS AND YOGA POSTURES
9. PHYSIOYOGA FOR CARDIAC HEALTH
10. PHYSIOYOGA FOR RESPIRATORY HEALTH
11. PHYSIOYOGA AND NEUROMOTOR CONTROL
12. PHYSIOYOGA FOR SPORTS FITNESS
13. EXERCISE IS MEDICINE AND MANY MORE

PHYSIOTHERAPIST'S'S ROLE AS A SPIRITUAL HEALER



**EXERCISES
PHYSIOYOGA:
MY PERCEPTION**

Mind.
Body.
Movement!





Yoga is communication
the stress coping
strategies
a resposible physio has
effective communication
skills

“Emotional "adhesions"(emotions that remain chronically from past events) can lead to soft tissue adhesions. A new study has found that psychological interventions are extremely effective at reducing or eliminating back pain, arthritis, depression, and many other health-related problems.

**EMOTIONS AND
BREATH
AWARENESS**

**A GOOD
PHYSIOTHERAPIST
IS FIRST A
PSYCHOLOGIST**

- “A Thinking Therapists Is Aware That The Etiology & Pathophysiology Of Any Disorder Is Not The Same In All Patients And Therefore Cannot Be Treated In The Same Pattern”
- To Understand And Guide A Patient, The Therapist Should Have
 1. *Insight*
 2. *Information*
 3. *Awareness*
 4. *Knowledge*



ASHTANGYOGA (INTERPRETED) FOR REHABILITATION GOALS

- I & II: YAMA & NIYAMA – PSYCHOSOCIAL DIMENSION IN REHABILITATION SELF DISCIPLINE IS THE FOUNDATION OF ASHTANGYOGA. SELF DISCIPLINE IN THOUGHTS , SPEECH AND ACTION
- III. YOGASANA: YOGA POSTURES – ERECT POSTURE, A FIRM FOUNDATION IN REHABILITATION AS MOVEMENT BEGINS IN A POSTURE AND ENDS IN A POSTURE. STABILITY BEFORE MOBILITY IS A ESSENTIAL FACTOR
- IV. PRANAYAMA : THE VITAL FORCE OF ENERGY REGULATED BY BREATH AWARENESS. THE CONNECTING LINK BETWEEN MIND AND BODY IS THE REGULATED BREATH
- PRATYHARA : RESTRAING AND REGULATING THE FIVE SENSES FOR THE SIXTH SENSE TO TAKE THE CHARGE FOR WELLNESS. LIFESTYLE MODICATIONS
- DHARNA : CONCENTRATION . FOCUSED GOALS AND DETERMINED & DEDICATED PLANS OF ACTION. SELF REGULATION
- DHYANA : MEDIATION. A STATE OF A-TENSION, ATTENTION & INTROSPECTION FOR COMPLETE HEALTH & QUALITY OF LIFE
- SAMADHI: ILLUMINATION.. BLISSFULL LIFE & BLESSED, DIGNIFIED WHOLISTIC HEALTH





DOMAIN-2

PHYSIOYOGA

1. **YOGA IN PHYSIOTHERAPY**
2. **YOGA AND BIOMECHANIC PRINCIPLES**
3. **PHYSIOYOGA AND WHOLISTIC EXERCISES**
4. **PHYSIOYOGA FOR POSTURAL HEALTH**
5. **PHYSIOYOGA FOR WOMEN'S HEALTH**
6. **PHYSIOYOGA FOR GERIATRIC HEALTH**
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11. **PHYSIOYOGA AND NEUROMOTOR CONTROL**
12. **PHYSIOYOGA FOR SPORTS FITNESS**
13. **EXERCISE IS MEDICINE AND MANY MORE**

PHYSIOYOGA INTEGRATED APPROACH

DR. NILIMA PATEL



Vision, Passion, Mission & Action PHYSIOYOGA

- **Thorough Biomechanical Assessment Of Posture,**
- **Gait**
- **Breathing Pattern,**
- **Personality Traits,**
- **Belief And Value System**
- **Effective Physioyoga Therapeutic Exercise &**
- **Ergonomic Guidelines**
- **For Functional Rehabilitation**

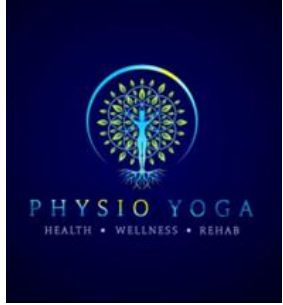


**PHYSIO-YOGA
SCIENCE & SPIRITUALITY
TO ENRICH, EMPOWER
&
NURTURE REHABILITATION
PROGRAM**



Health
&
Wellness

PHYSIOYOGA



- Its An Integrated, Comprehensive, Value-based, Eclectic Approach Based On Biomechanical & Functional Assessment, Exercise Therapy Principles ,Ashtangyoga Guidelines And Hathyoga Applications For Preventive, Preservative And Promotive Health Care

PHYSIOYOGA



- The Integrated approach of:
- Biomechanical assessment of an Erect Posture status of a patient by a physiotherapist, (Vision & Mission)
- Management based on the Ashtang yoga-eight fold principles of sage Patanjali (Passion & Action) And
- The Values & Attitude (Self Concept) of the patient can be a conceptual bridge between mind (Psyche) and body (Soma) to prevent, overcome and rehabilitate a patient of any syndrome.

PHYSIOYOGA

- Physiotherapy: treatment, therapy & rehabilitation
- Yoga: healing & wellness through wholistic care
- Its an integrated, comprehensive, value-based, eclectic approach based on biomechanical & functional assessment, exercise therapy principles , ashtanga yoga guidelines and hath yoga applications for preventive, preservative and promotive health care.

PHYSIOYOGA & GERIATRIC HEALTH

DR. NILIMA PATEL



WOMEN'S HEALTH A WHOLISTIC APPROACH

DR. NILIMA PATEL





CHAIRYOGA FOR STRESS MANAGEMENT

DR. NILIMA PATEL

“YOGA” A PHYSIOTHERAPIST’S PERSPECTIVE FOR FITNESS





SURYANAMASKAR

THE SUN SALUTATIONS CYCLE
AND
SPORTS FITNESS



DR. NILIMA PATEL

SIGNIFICANCE OF THE APPROACH

- This Approach is more of a Qualitative Approach rather than Quantitative measure.
- “Pain and its severity is a very subjective issue and it is dependent on an individual's:
 1. Thought Processes--- Psychological factor
 2. Culture---- Social factor
 3. Values and Attitudes-- Spiritual Factor
 4. Life Style Patterns--- Environmental factor
 5. Physical Built----- Physical factor”

WHOLISTIC MANAGEMENT

- The Wholistic method as defined by Jan C Sameul [1920]
- DEFINE: “Past or recent stressful events, Personality traits, Relevant attitudes, value system, Life style are all to be assessed and managed when the aim is Wholistic health”.
- SAGE Patanjali’s AshtangyogA ladder was the platform for Wholistic assessment and Management

THE BEGINNING WITH “A VALUE BASED APPROACH” PHYSIOTHERAPY & YOGA Science & Spirituality

- **EXERCISE ORIGINATED FROM THE WORD**
- **“EX” MEANS “OUT”**
- **“ERC’ Derived from “ARCERE” MEANS TO “LOCK”**
- **EXERCISE MEANS “OUT OF LOCK” OR “TO UNLOCK”**
- **“YOGA” MEANS “TO UNITE”, “CONNECTIVITY OF BODY MIND & SOUL”**

DR. JAYANT JOSHI AND DR. PRAKSH KOTWAL
Essentials of Orthopedics & Applied Physiotherapy

PHYSIOTHERAPEUTIC EXERCISES

- The ultimate & as early as possible
- Proprioceptive neuromuscular facilitation techniques - hold & relax
- Pelvic girdle stabilizing exercises.
- Isometric, isotonic, isokinetic & volitional exercises as they can be introduced as early as possible and have very few contraindications except torn fibres.
- Strengthening the postural muscles & flexors to maintain normal cervical & lumbar lordosis
- Posture awareness proper & correct posture concept with postural exercises
- Ergonomic exercises.





**ARE WE AWARE
OF
THE MEANING
“EXERCISE”**

ASHTANGYOGA & YOGIC EXERCISE

TO UNLOCK

- Physical Dimension
- Mental ”
- Intellectual ”
- Moral ”
- Social ”
- Spiritual ”



WHAT DOES RESEARCH SAY??



Yoga aims to support independent living, and reduce distress and healthcare utilization in persons with PD, dementia and their caregivers.



Yoga is an adaptable practice, with both functional and psychosocial benefits, that can be suited to a variety of abilities.



YOGA IN PHYSIOTHERAPY

- MY EXPERIENCE WITH YOGA

WELLNESS & HEALING: NATIONAL WELLNESS INSTITUTE



- **Social:** Through Interaction
- **Occupational:** Through Work
- **Spiritual:** Through Meaning & Purpose of life
- **Physical:** Through Diet, Activity and Exercise
- **Intellectual:** Through Decision Making & Wisdom
- **Emotional:** Through Understanding & Acceptance

THE FIVE FUNDAMENTAL YOGA POSTURES ENERGY CONSERVATION



- Yogasana Nourish And Strengthen Self Confidence And Give A Feeling Of Well Being, Hence Regularity, Sincerity, Continuity And Patience In Their Practise Are Essential Features To Prevent And Overcome Psychosomatic Disorders .

THE EXPERIENTIAL ASPECT OF A YOGA POSTURE NURTURES HEALING

- “Healing The Mind Heals The Body”
- “Training The Mind Trains The Body”
- “Restoring The Identity Is The Success Key For Rehabilitation”

1. SHAVASANA (SUPINE LYING)

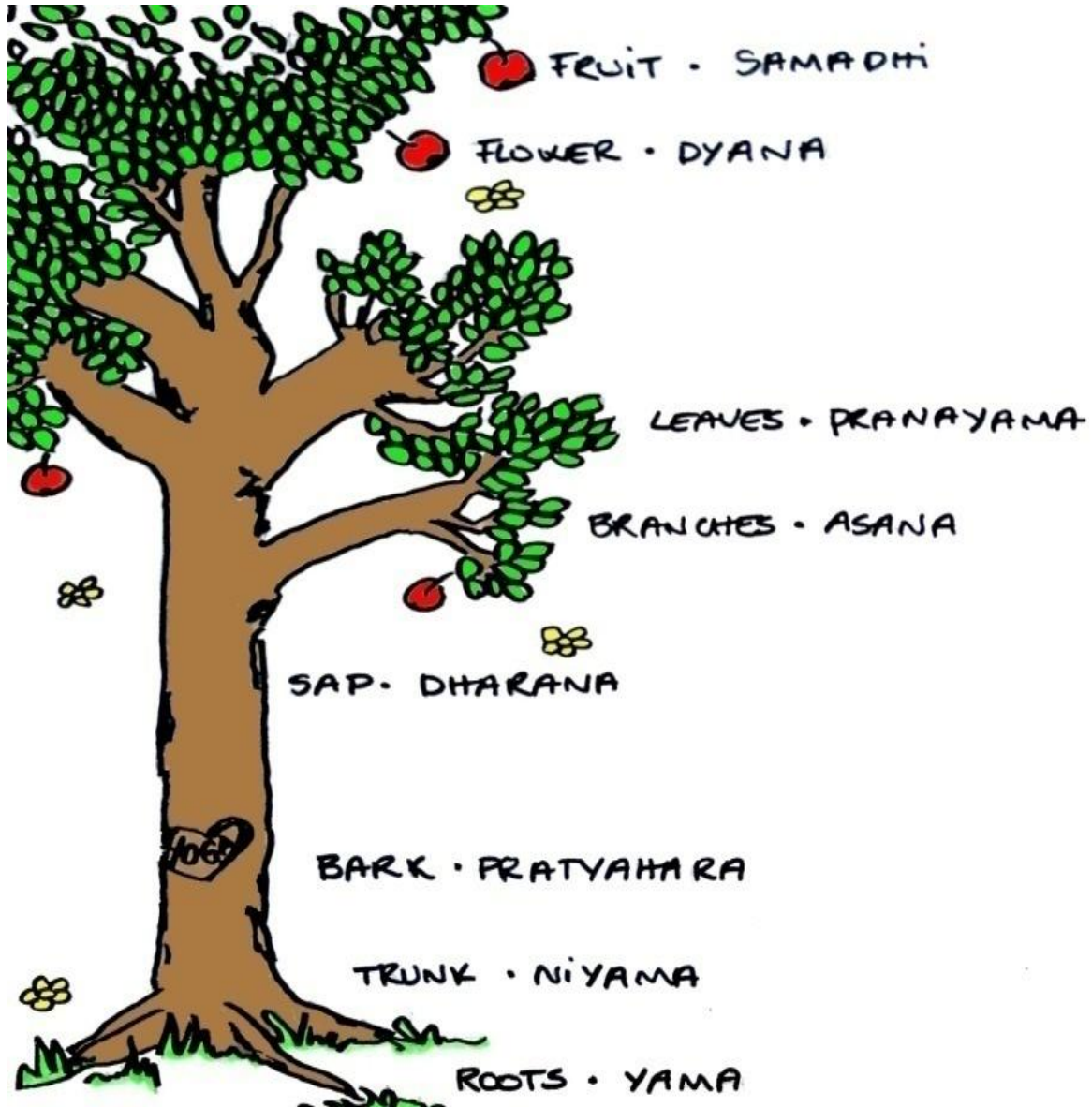
2. MAKARASANA (PRONE LYING)

3. DHRADASANA (SIDE LYING)

4. DANDASANA (SEATING)

5. TADASANA (STANDING)

These postures can be practised by everyone for prevention and management of pain syndromes as they have no contraindications



ASHTANGYOGA IN PHYSIOTHERAPY

Posture Check!



Take a moment to check your posture!
A good posture improves your health, appearance,
and shows maturity,
making for good first impressions!

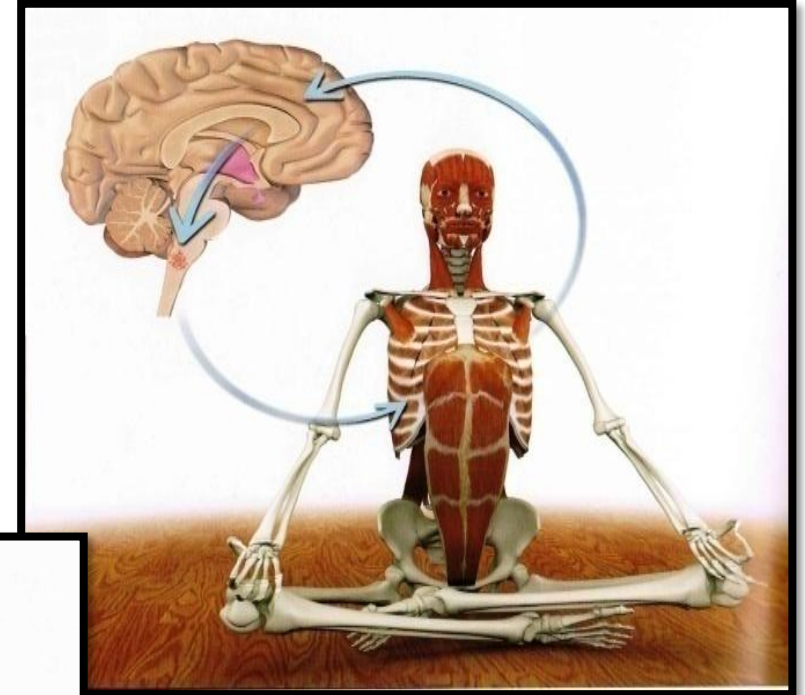
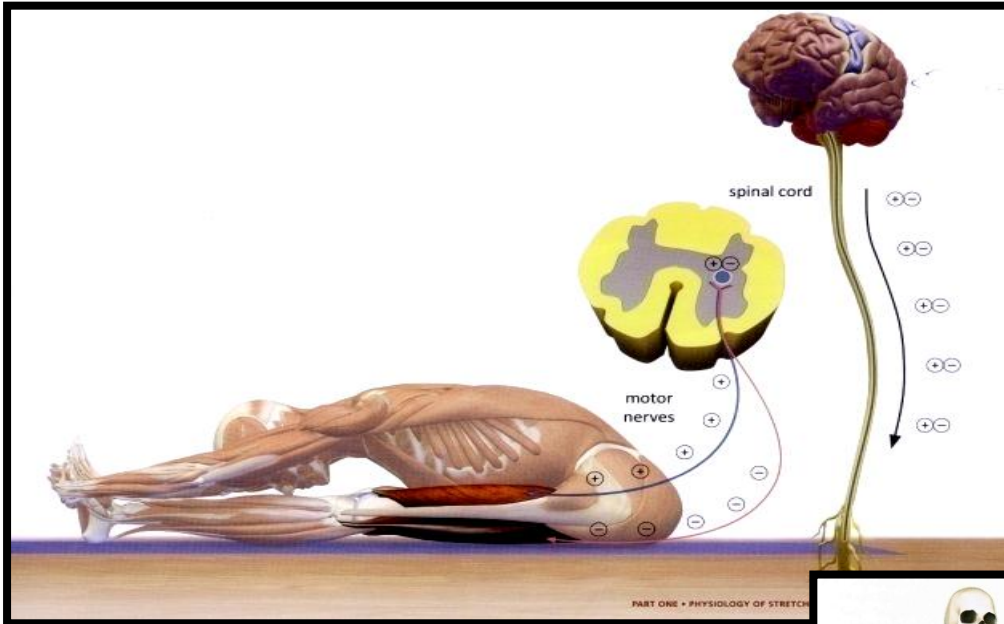
THE PHYSIOYOGA APPROACH POSTURE & CARDIOVASCULAR HEALTH



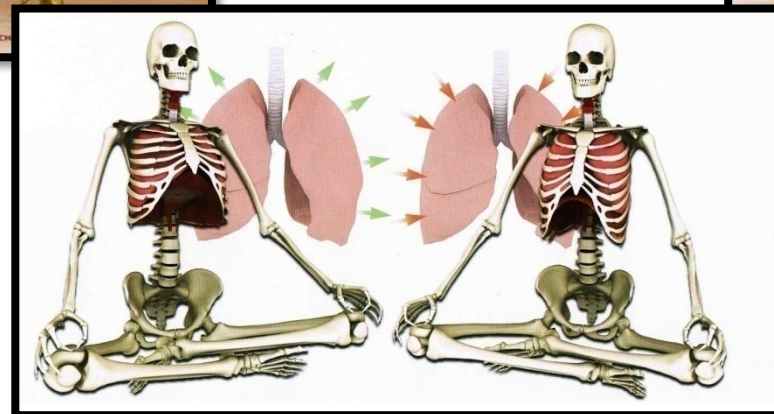
PHYSIOYOGA REHABILITATION IN MUSCULOSKELETAL DISORDERS

- Asana (Peripheral mechanism),

The Ashtangyog ladder justifies the Pain Gate Control mechanism.



Meditation (Central Mechanism)



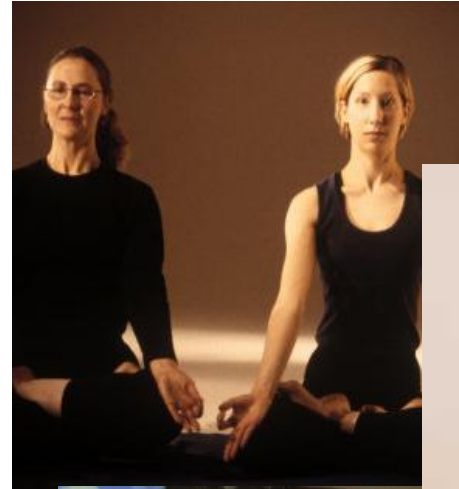
- Pranayam (Neuro-humeral mechanism)

PHYSIOYOGA AND REHABILITATION IN NEUROMUSCULAR DISORDERS

Research has stated that the intraneuronal activity in THE NERVOUS SYSTEM is benefited by regular yogic practices, as they are responsible for processing the incoming sensory information from periphery as well as descending signals from higher brain centers. (SENSORIMOTOR INTEGRATION)

PHYSIOYOGA & WOMEN'S HEALTH

- **Asana :** **Prevention Of Postural Problems.**
- **Maternal & Foetal Health.**
- **Pranayam :** *** Relaxation.**
 Mool Bandh – Kegel's Exercise.
 Uddiyan – Post Natal Abdominal Toning.
- **Meditation :** *** Energy Conservation.**
 Feeling Of Well Being – Mother
Child Health.



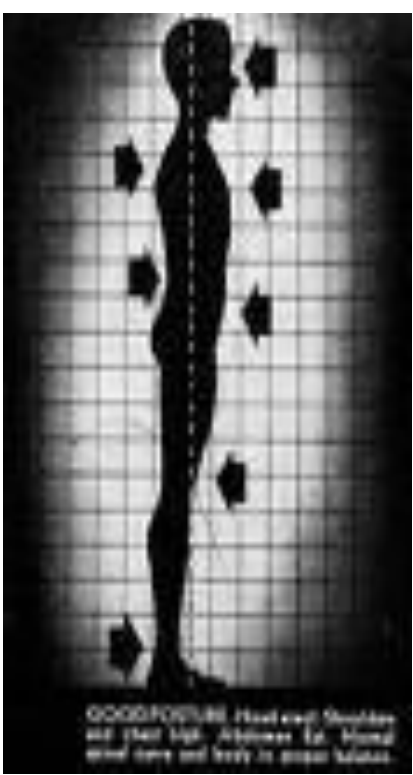
PHYSIOYOGA & RESPIRATORY HEALTH



Self Discipline = Good Posture = Good Breathing

- Self discipline + good posture + good breathing= respiratory health
- Foundation of good breathing is self discipline
- Breath is the connecting link between mind & body
- A firm foundation is must for the house to stand
- The foundation for all is ashtangyoga
- “Ataha yoga anushasanam: sage patanjali yogsutra 1.

DR. NILIMA PATEL



SIGNIFICANCE OF “PHYSIOYOGA” TO A PHYSIOTHERAPIST

**Neuro
Muscular
Disorders**

**Cardio
Vascular
Disorders**

**Respiratory
Disorders**

**Musculo
Skeletal
Disorders**

**Women’s
Health**

**Paediatric
Disorders**

**Geriatric
Disorders**

**Burns &
Cancer
Ailments**

**Sports
Fitness**

THERAPEUTIC EFFECTS OF YOGIC PRACTICES

1. Stress management-Stress elimination

2. Preventive value in stress induced disorders

3. Manages all Psychosomatic disorders

4. Personality development programmes

5. Rehabilitation in Respiratory & Circulatory disorders

6. Nourishes and nurtures a powerful, supple spine and strong but soft abdomen

7. Sympathetic over activity decreases and Parasympathetic activity strengthened thereby improving and strengthening immunity and defense mechanism



DOMAIN-3

- Health, Wellness And Rehabilitation

BEYOND THERAPY : YOGIC WELLNESS



DR.NILIMA PATEL

HEALTH: INTERPRETATIONS



- **WORLD HEALTH ORGANIZATION:** Health is not just absence of disease but it is a state of complete Physical. Mental & Social Well being

PSYCHOANALYSIS: Health is a culture of internal and external cleanliness, exercise, dietary control, mind regulation and rest.

HEALTH: MY OUTLOOK

- Good health can neither be bought nor bartered.
- It cannot be robbed or acquired by force.
- It is a culture of internal and external cleanliness, exercise, dietary control, mind regulation and rest.
- Wellness is the ability to perform any activity without undue fatigue – mental and physical. It also includes moral and social consciousness, adaptability and values. (Mind- Body Concept)



PHYSIOTHERAPIST'S'S ROLE AS A SPIRITUAL HEALER





“REHABILITATION” THE YOGIC WAY

**THE SPIRITUAL TOOL OF “SELF CONCEPT” IS THE FIRST
PHASE IN REHABILITATION**



ASHTANGYOGA IN REHABILITATION

- PREVENTIVE : MODIFIABLE RISK FACTORS' CONTROL
- THERAPEUTIC :
- RELAXATION : YOGA POSTURES, PRANAYAMA
- ABNORMAL REFLEX INHIBITION : YOGA POSTURES
- SENSORIMOTOR FEEDBACK: YOGA POSTURES
- POSTURAL CONTROL: MEDITATION, PRANAYAM & YOGA POSTURES
- FUNCTIONAL MOBILITY: ASHTANGYOGA PRINCIPLES & YOGA POSTURES

REHABILITATION & PHYSIOYOGA



THE VALUE: Human Beings are to be respected even in their weaknesses, vulnerability, limitation and dependence because human life is sacred.

THE GOAL: To cure sometimes, to comfort often and to care always.

THE ORIGIN: Latin word “habil” means “able- return of ability.

TO REHABILITATE: To restore to, to reestablish a previous privilege, rank, reputation, character or condition.

IN HEALTH CARE: To restore to quality of life functionally.

THERAPEUTIC EFFECTS OF PHYSIOYOGIC PRACTICES



- Stress management-Stress elimination
- Preventive value in stress induced disorders
- Manages all Psychosomatic disorders
- Personality development programmers
- Rehabilitation in Respiratory & Circulatory disorders
- Nourishes and nurtures a powerful, supple spine and strong but soft abdomen
- Sympathetic over activity decreases and Parasympathetic activity strengthened thereby improving and strengthening immunity and defense mechanism

POSTURAL HEALTH THE PHYSIOYOGA APPROACH

DR. NILIMA PATEL

Posture Check!



Take a moment to check your posture!
A good posture improves your health, appearance,
and shows maturity,
making for good first impressions!

WHY PHYSIOYOGA FOR POSTURAL HEALTH?



- Posture is expression of our inner self.
- One of the fastest ways to improve our appearance, physically, mentally, and spiritually is to improve our posture. Yogasana is a psychophysical posture.
- Anxiety, fear, day to day worries, poor stress coping mechanisms and many other psychosocial factors have lead to many poor postural related health problems.
- Yoga postures are preventive as well as corrective and are very economical too.

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- **YOGIC POSTURES IN REHABILITATION:**

Asana are described as rich "proprioceptive" food for the central nervous system and thus a catalyst to normalization of tone and movement pattern.

Kinesthetic, proprioceptive, and vestibular feedback is deemed very important for CNS organization and all asana have abundant of that.

Practicing yoga postures can increase flexibility, strengthen muscles, improve posture, and enhance circulation.

The practice of yoga is much more than a system of physical fitness; it is a science for balanced living and a path for realizing full human potential.

PHYSIOYOGA & GERIATRIC HEALTH

DR. NILIMA PATEL



WOMEN'S HEALTH A WHOLISTIC APPROACH

DR. NILIMA PATEL



PHYSIOYOGA AND REHABILITATION IN NEUROMUSCULAR DISORDERS



- Research has stated that the intraneuronal activity in **THE NERVOUS SYSTEM** is benefited by regular yogic practices, as they are responsible for processing the incoming sensory information from periphery as well as descending signals from higher brain centers.
(SENSORIMOTOR INTEGRATION)

PHYSIOYOGA AND REHABILITATION IN NEUROMUSCULAR DISORDERS



Pranayam and Meditation have inhibiting influences to control the over-excitation of muscular contraction in pyramidal pathway lesions. The effects of mind- body control techniques aND can achieve relaxation, postural stability, movement control and function improvement which can aid in functional rehabilitation of CV Stroke, and Parkinsonian and Ataxic patients. (Niyama, Asana, Pranayama, Pratyahar, Meditation)



CHAIRYOGA FOR STRESS MANAGEMENT

INFLAMMATORY ARTHRITIS LIFESTYLE SKILLS

PREVENTIVE PRESERVATIVE PROMOTIVE
WELLNESS



A HEALTHY LIFESTYLE



- **Fitness / Health / Wellness**
- Fitness (Upanishad) : When The Senses Are Stilled, When The Mind Is At Rest And When The Intellect Wavers Not, Then The Body Will Be In State Of Complete HEALTH & Fitness
- Health (Who): Health Is Just Not An Absence Of Disease But It Is A State Of One's Physical, Mental And Social Wellbeing
- Wellness (Ashtangyoga): Yoga Is Self-Discipline
- Yoga Is A Way Of Right Living

**“YOGA”
A PHYSIOTHERAPIST’S
PERSPECTIVE
FOR
FITNESS**



PHYSIO-YOGA

A PSYCHOPHYSICAL APPROACH IN LOW BACK PAIN MANAGEMENT

***Back Pain Is
No Joke!***





DOMAIN-4

Comprehensive Approach In Rehabilitation

DOMAIN-4- COMPREHENSIVE APPROACH IN REHABILITATION

1. COMPREHENSIVE APPROACH IN PAIN SYNDROMES

- *BIOMECHANICS*
- *PATHOMECHANICS*
- *DIFFERENTIAL DIAGNOSIS*
- *THERAPEUTICS*
- *ERGONOMICS*
- *NEUROLOGICAL APPROACHES*
- *NEUROPLASTICITY*
- *NEURODYNAMICS*
- *INTEGRATED APPROACHES IN PAIN SYNDROMES*

2. COMPREHENSIVE APPROACH IN C V STROKE

3. COMPREHENSIVE APPROACH PAEDIATRIC NEURO

4. NEUROLOGICAL APPROACHES

5. NEUROPLASTICITY AND YOGIC REHABILITATION

6. TELEPHYSIOYOGA THERAPY

THERAPEUTIC EFFECTS OF COMPREHENSIVE YOGIC PRACTICES



- 1. Stress management-Stress elimination
- 2. Preventive value in stress induced disorders
- 3. Manages all Psychosomatic disorders
- 4. Personality development programmers
- 5. Rehabilitation in Respiratory & Circulatory disorders
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HEALING THE MIND, HEALS THE BODY
DR. NILIMA PATEL

COMPREHENSIVE APPROACH: DEFINITION

- In medical philosophy it is the Approach that considers multidimensional factors in disease and emphasizes quality of life or wellness by addressing the emotional, psychosocial, and spiritual aspects of a patient.
- Comprehensive rehabilitation programs offer a variety of treatments and specialists.



INTERVENTION STRATEGIES

- Education
- Exercises
- Ergonomics
- Electrotherapeutic Agents
- Cognitive & Behavioral Approach
- Movement
- Manipulation
- Yoga Therapy
- Neurodynamics
- Pilates

COMPREHENSIVE APPROACHES IN PAIN SYNDROMES



**COMPREHENSIVE APPROACH
OF PHYSIOYOGA IN NECK PAIN
SYNDROMES**



**COMPREHENSIVE APPROACH OF
PHYSIOYOGA IN KNEE PAIN
SYNDROMES**



**COMPREHENSIVE APPROACH OF
PHYSIOYOGA IN SHOULDER PAIN
SYNDROMES**



PHYSIOTHERAPY UPDATE ON NEUROLOGICAL DISORDERS

PHYSIOYOGA & CEREBRAL/NEURAL PLASTICITY



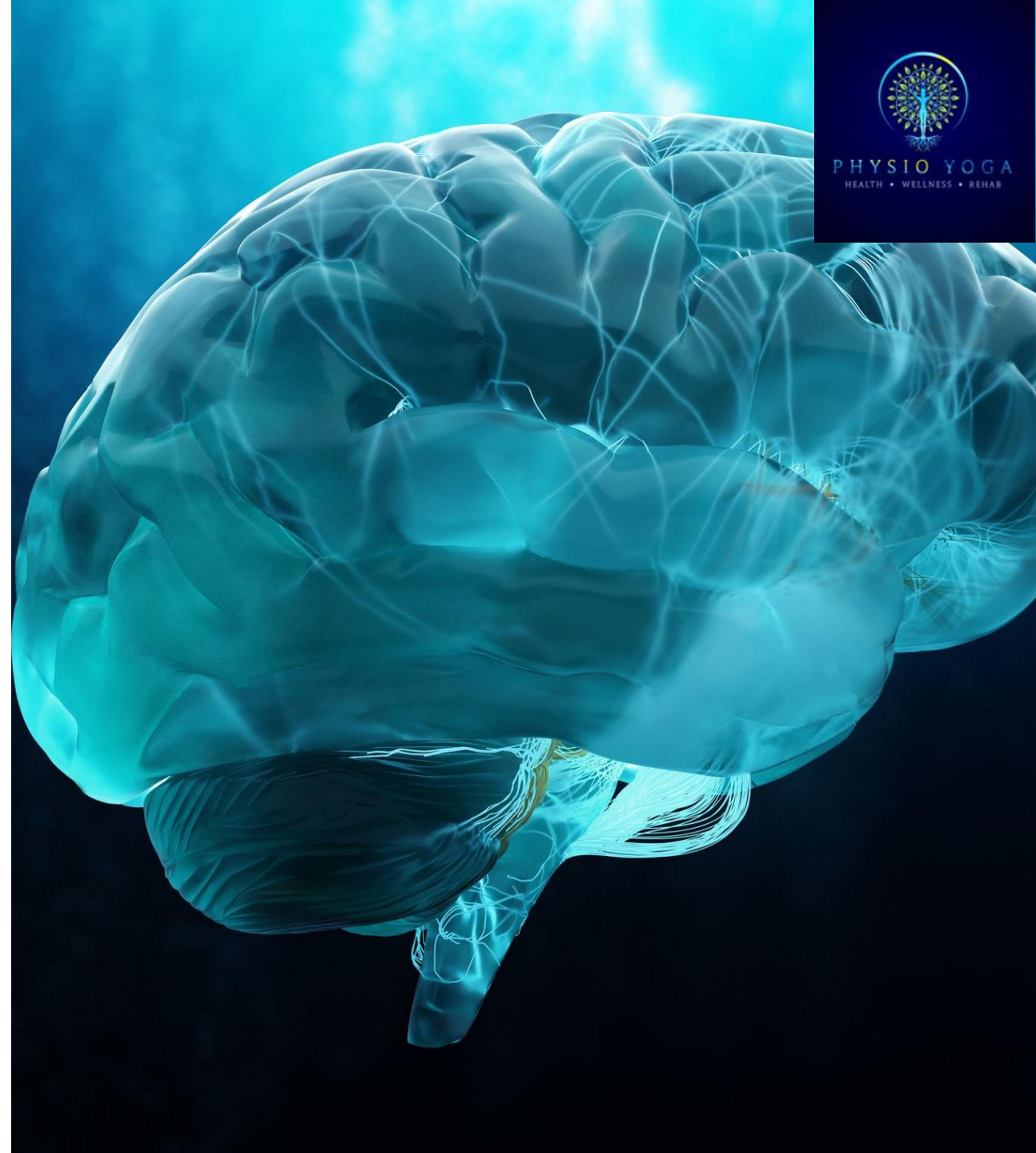
Research studies have found 10 principles relevant to rehabilitation outcomes which might augment brain plasticity leading to neuronal recovery

- Use it or Lose it
- Use it and Improve it
- Specificity
- Repetition matters
- Intensity Matters
- Time Matters
- Salience Matters
- Age Matters
- Transference
- Interference

Based on these 10 principles, rehabilitation can be used as a tool to augment, reorganization of brain (plasticity) and in turn improve functional recovery at neuronal level.

PHYSIOYOGA & NEURODYNAMICS

- THE MOBILITY OF THE NERVOUS SYSTEM
- IT IS INTEGRATION OF NERVOUS SYSTEM PHYSIOLOGY INTO MANUAL THERAPY WITH COGNITIVE & AFFECTIVE SKILLS.



- It is becoming clear that the amount & type of physical and mental activity as well as attitude and motivation of the patient has an impact on functional reorganization of brain. Application of Physioyoga guidelines based on these 10 principles have great inspiring effect in rehabilitation of stroke patients.

PHYSIOYOGA & NEURAL PLASTICITY



- **BOBATH'S NDT APPROACH:** **YOGA POSTURES & PRANAYAM**
Abnormal Reflex Inhibition
- **ROOD'S SST APPROACH:** **YOGA CHITTA VRITTI NIRODH**
Sensory Motor Integration
- **BRUNNSTROM'S MOVEMENT THERAPY:** **YOGA POSTURES**
- **CARR & SHEPHARD'S MRP:** **YOGABHYAAS (Active Participation)**
- **TASK ORIENTED APPROACH:** **CONCENTRATION & MEDITATION**
(Dharna & Dhyana)

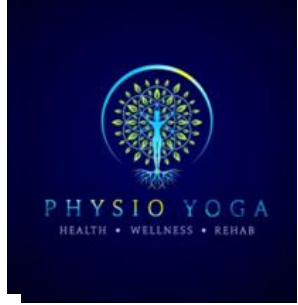
COMPREHENSIVE APPROACH AND CV STROKE REHABILITATION



UNDERSTANDING OF INTEGRATED APPROACHES IN THERAPEUTIC PROGRAM OF CEREBRAL PALSY



AGING GRACEFULLY THE COMPREHENSIVE CARE



DR. NILIMA PATEL

TELEPHYSIOYOGA THERAPY FOR POSTURAL HEALTH



Telephysioyoga Therapy Justifies All The Below mentioned Dimensions By

- Thorough Biomechanical Assessment Of Posture,
- Gait
- Breathing Pattern,
- Personality Traits,
- Belief And Value System
- Yoga Postures : The Experiential & Technical Dimentions
- Effective Physioyoga Therapeutic Exercise &
- Ergonomic Guidelines

For Functional Rehabilitation

PHYSICAL ERGONOMICS

MENTAL ERGONOMICS

COGNITIVE ERGONOMICS

POSITIVE ERGONOMICS

EMOTIONAL ERGONOMICS

NUTRA ERGONOMICS

SPIRITUAL ERGONOMICS

ERGONOMICS PHYSIOYOGA

TELEPHYSIOYOGA THERAPY IN PAIN MANAGEMENT



- **Need Based Approach**
- **Integrated Approach**
- **Comprehensive Approach**
- **OBSERVATIONAL SKILLS**
- **POSTURES**
- **COMMUNICATION SKILLS**

TELEPHYSIOYOGA IN RESPIRATORY CONDITIONS BREATH AWARENESS MEDITATION





TELEPHYSIOYOGA THERAPY IN REHABILITATION

YOGA, THE HUMAN BODY & THE VEHICLE

- THE COOLING SYSTEM
 - ELECTRIC CURRENT
 - FUEL
 - LUBRICATION
 - A SENSIBLE DRIVER:
- COMPLETE RELAXATION.
 - PRANAYAM /YOGIC BREATH.
 - THE FOOD, WATER AND AIR.
 - THE ASANAS OR THE POSTURES.
 - MEDITATION & MIND CONTROL.



YOGIC PRACTICE...

- ULTIMATE GOAL OF YOGA IS ENERGY CONSERVATION.
- ENERGY CONSERVATION FACILITATES NORMAL POSTURAL CONTROL & BALANCE A PRIME REQUISITE FOR PARKINSON'S PATIENT
- NORMAL POSTURAL MECHANISM PREVENTS FATIGUE PATTERNS IN THESE PATIENTS
- DISEASE MAY NOT BE CURED BUT EMOTIONS CAN BE CALMED DOWN WHICH HELPS IN UNDERTANDING THE NEEDS OF THE SITUATION AND CAN IMPROVE QUALITY OF LIFE WITH YOGIC GUIDELINES



THE OUTCOME OF “PHYSIOYOGA”

Functional Independence & Social Integration

Balance, Coordination and Precision

Self Confidence

Physical, Mental, Emotional

Spiritual rehabilitation

DOMAIN V

DOMAIN-5- **PHYSIOYOGA** **ARTICLES**

- YOGA TO ME AS A PHYSIOTHERAPIST
- YOGA POSTURES: A PHYSIOTHERAPIST'S PERSPECTIVE
- TOGA THERAPY: AN ALTERNATIVE THERAPY OR ADJUNCTIVE THERAPY
- PHYSIOYOGA PRACTICE AND RELAXATION
- AGING GRACEFULLY : THE PHYSIOYOGA WAY
- PHYSIOYOGA AND WOMEN'S HEALTH
- PHYSIOYOGA AND CARDIAC REHABILITATION
- PHYSIOYOGA AND RESPIRATORY REHABILITATION
- PHYSIOYOGA IN PAIN SYNDROMES



DOMAIN-5- **PHYSIOYOGA ARTICLES**

- TENSION MYOSITIS SYNDROME: A SUN AND PHYSIOYOGA GUIDELINES
- PHYSIOYOGA IN UPPER CROSSED SYNDROMES
- PHYSIOYOGA IN LOWER CROSSED SYNDROMES
- PHYSIOYOGA IN LOW BACKPAIN SYNDROMES
- PHYSIOYOGA: UNDERSTANDING AUTISM
- THE SUN SAULATION CYCLE AND SPORTS FITNESS
- THE PHYSIOYOGA APPROACH IN C V STROKE REHABILITATION



DOMAIN-5- PHYSIOYOGA ARTICLES

- Emotional health in pregnancy: physioyoga guidelines
- Pranayama: the vital force of energy
- Yoga postures for women's health
- Understanding diabetes: the physioyoga way
- Physioyoga for especially abled children

CARRY HOME MESSAGE



- Physiotherapist are movement scientists
- A physiotherapist has first to be a good psychologist
- A physiotherapist with mission, vision, passion and good judgemental observational skill can yield great results in alleviating pain
- Physiotherapist with commanding observational skills can heal a painful syndrome
- Family education is an essential component in rehabilitation

We appreciate your visit!
For inquiries or
collaborations, feel free to
reach out:

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