

## Yoga therapy for the shoulder 1/4

Plan:

- Start to mobilize the thoracic spine
- Focus on limited sweeping motion of the arms with internal/external rotation (without pain)
- Move from the center out into the periphery

Subjective (client report): W. was moving over the weekend and did a lot of lifting

- "My shoulder feels very tender" / "Ibuprofen doesn't work as well as before" / "The pain is resonating into the elbow"

1.		Repeat 4x. Do not pull with the arms too much.	To establish the connection between breath and movement. She needs to be reminded not to pull with the arms.
2.		Repeat 4x. Fingers interlaced, palms face the chest, hands stretch toward the ceiling.	To mobilize the spine, particularly the upper back, to gently contract inner shoulder muscles.
3.		Repeat 4x moving down only as far as comfortable and trying to bring the elbows down first.	To mobilize the spine (esp. thoracic). Very limited mobility.
4.		Repeat 4x. Need to work on activating the thoracic part of the spine.	To contract upper back muscles and widen the chest ("widen the collar bones" is a better image for her than "lift the chest"). Forearms need to be on the ground for now.
5.		Repeat 4x. Sweep the arms out to the sides only, trying to turn the palms up.	To introduce gentle external rotation of the shoulder. The shoulder feels fine going half-way.
6.		Repeat 4x. "Open-close" arm movement.	To contract the upper back and widen the chest (to stretch Pectoralis major). No pain, but she is a bit guarded and moves slowly.
7.		Repeat 4x. IN: Bring the arms out to the sides, trying to turn the palms up. EX: Place the hands on the lower back palms up.	To alternate gentle internal/external rotation of the shoulder and stretch the back.
8.		Stay for 5 minutes breathing deeply and relaxing the shoulders.	To relax the shoulders in externally rotated position. No pain, but she feels "vulnerable".

Additional Observations:

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Linking movement of the extremities to the movement of the spine and the breath is a struggle in very posture. W. lacks awareness of movement. She has difficulty accessing the musculature of her back (thoracic)

Homework Assignment:

W. was asked to do Chakravakasana 10x every day linking breath to spinal mobilization (esp on the IN) with progressive abdominal contraction on the EX.