

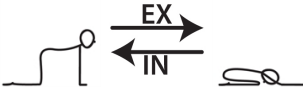
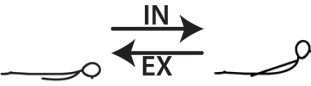


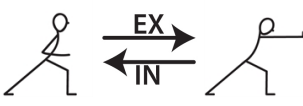
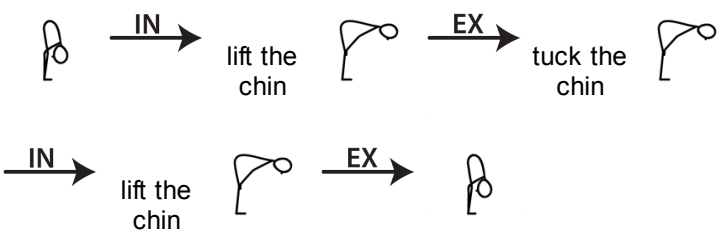
Yoga therapy for the shoulder 2/4

Plan:

- Focus on initiating the movement in the torso and then extending it out into the extremities
- Continue with the image of “widening the collar bones” in back bends
- Discuss head positioning for overall body integration

Subjective (client report): Still experiences a lot of pain in the elbow, but not so much in the shoulder.

- “ I don't feel like I need Ibuprofen any more – that's a relief!” Noticed how little she uses the trunk in everyday movements, relying on the arms primarily

1.		4x	To mobilize the spine and gently move the shoulders.
2.		4x	To use back muscles (esp. upper and middle) without the assistance of the arms (gives her a totally new perspective on the movement).
3.		4x	To introduce gentle external rotation of the shoulder. She is able to go more into the Y shape without pain.
4.		4x/each side	To contract the upper back and widen the chest (to stretch Pectoralis major). She gets gentle stretch, no pain.
5.		4x/each side	To link the movement of the arms to the movement of the spine. Does not come naturally to her, but she is able to do it.
6.		3 cycles	To explore the head positioning in relation to the rest of the spine. Her tendency is pull up with the head.

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7.		4x	To mobilize the spine and gently move the neck.
8.		4x	To use back upper muscles, move the shoulders and stretch the chest.
9.		4x	To stretch the back, to link the movement of the arms to the movement of the spine.
10.			To check the range of motion in the shoulders. She had almost the full range without pain.
11.			

Additional Observations:

It looks like W. has to change her movement patterns completely. She is used to doing yoga poses in a very different way, she struggles to “relearn.” She need to be constantly reminded to move from the center and to follow the breath.

Homework Assignment:

Chakrabakasana + Virabhadrasana + Uttanasana with up/down head movement