



# Yoga for a Happy Back

Bridging Yoga and Physiotherapy  
for complete healing

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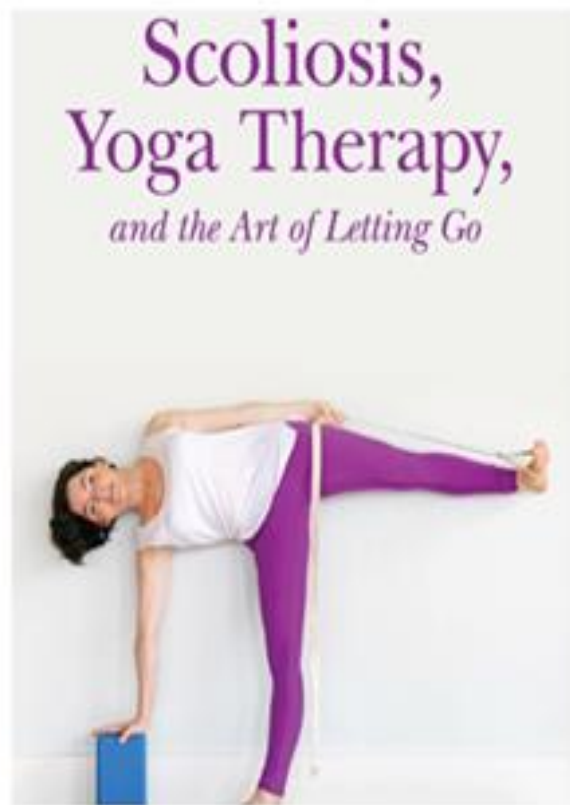
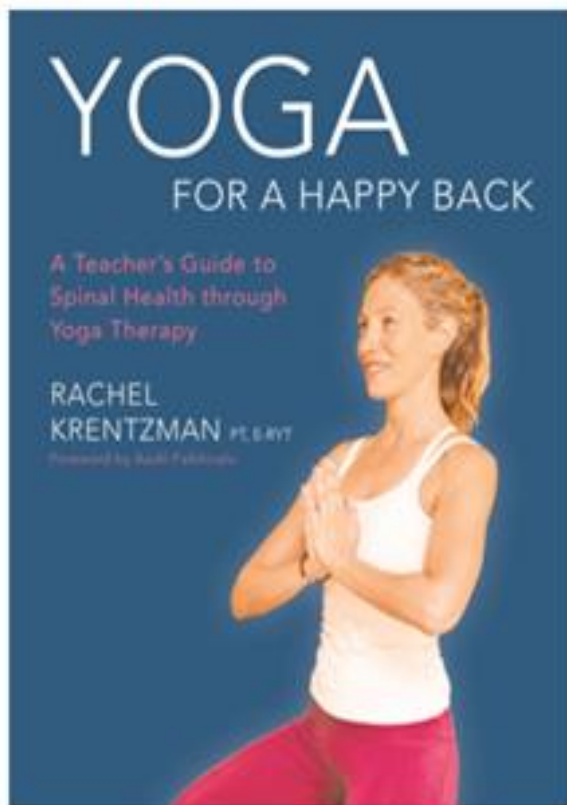
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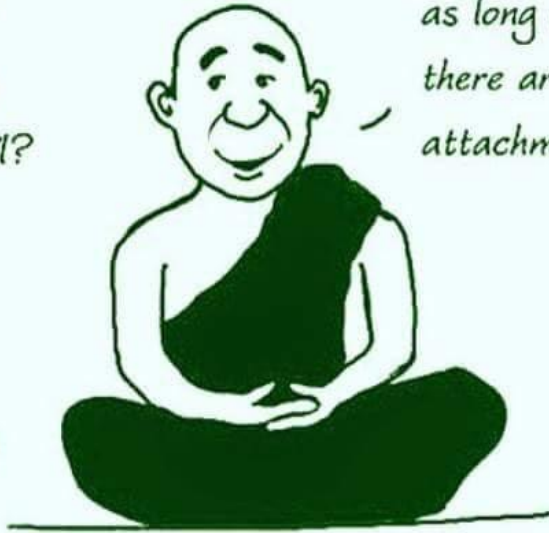
**Physi-Yoga**

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## BOOKS:



O Master,  
is it proper  
for a monk  
to use email?

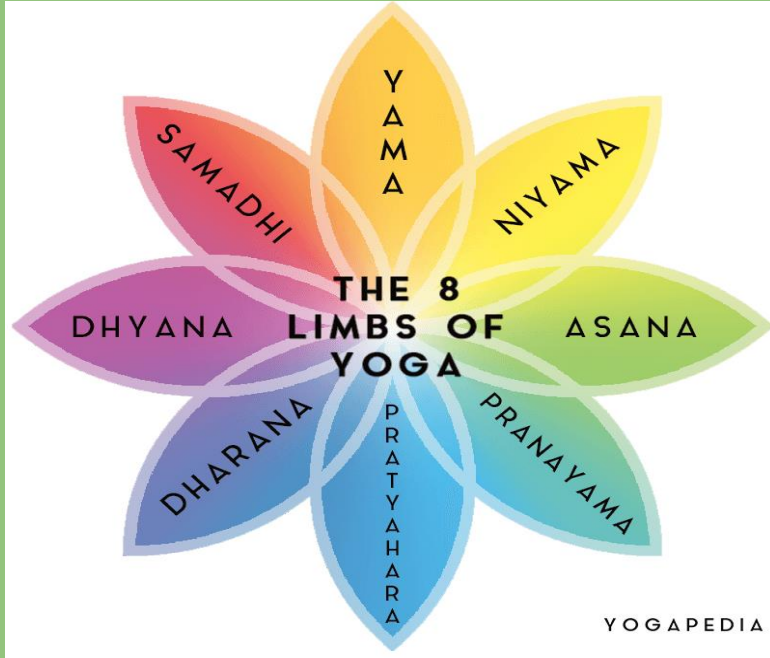


Sure...  
as long as  
there are no  
attachments!

## *How is Yoga different?*

- Awareness
- Holism
- Balance of Effort and Ease
- Breath
- Philosophy - Yoga Sutras, Bhagavad Gita etc.
- Emphasis on Nervous System

# Hatha Yoga: The Yoga of physical discipline



All branches of Yoga seek to achieve the same final goal, enlightenment , but Hatha Yoga (pronounced haht-ha) approaches this goal through the body rather than through the mind or through the emotions.

# 6 Principles of Wisdom-Body Yoga Therapy

1. Support Precedes Movement: Stability, Rooting
2. Seeing the Whole - Tensegrity Model
3. Alignment - Optimal flow, efficiency, muscle recruitment
4. Neuroplasticity - Changing patterns, repetition
5. Balance and Modulation - Stability vs. Mobility, Effort vs. Ease
6. Love and Presence - Therapeutic Relationship



Wisdom-Body Yoga Therapy

טיפול באמצעות יוגה ותנועה מודעת



# RESEARCH:

<http://www.drmccall.com/117-health-conditions-helped-by-yoga.html>

117 Health Conditions Helped by Yoga (as found in scientific studies as of June 2019)

Examples: Back Pain - Chronic, Balance Problems, Carpal Tunnel Syndrome, Cerebral Palsy, Chronic Fatigue Syndrome, Duchenne Muscular Dystrophy, Fibromyalgia, Fractures, Frozen Shoulder, Gait (Walking) Problems, Myofascial Pain Dysfunction Syndrome, Multiple Sclerosis, Neck Pain -Chronic, Osteoarthritis (Degenerative Arthritis), Osteoporosis, Parkinson's, Post-Joint Replacement Scoliosis (Curvature of the Spine), Stroke, Thoracic Hyperkyphosis

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# Back Pain - Asana (postures)

## **Tadasana:** Mountain Pose

- Root 4 corners of feet into the earth
- Lift the knee caps up towards the thigh, engage the quads without hyperextension
- Focus on internal rotation of inner thighs, softening the groins
- Lift in the bottom of the belly
- Move scapula away from ears and wide on back





# Purna Yoga Hip Series

## Supta Padangusthasana

- Concept of moving the thigh bone away from the hip socket
- Traction in hip joint and lumbar spine
- Can use a strap over opposite heel for traction.





# Iliopsoas

- Incorporating diaphragmatic breathing
- Lifting the lower belly
- Grounding to lift
- Bringing lower ribs back towards spine
- Observing compensation patterns
- Teaching constructive rest positions for psoas release



# Spinal Traction Techniques



# Home Traction on a door



# Manual Adjustments on the Yoga



Headstand on the Wall =  
Neck Traction, no  
compression



# Scoliosis:

- Lengthen concave side
- Strengthen convex side
- Correct rotational component
- Create Symmetry
- Expand rib cage with breath / awareness





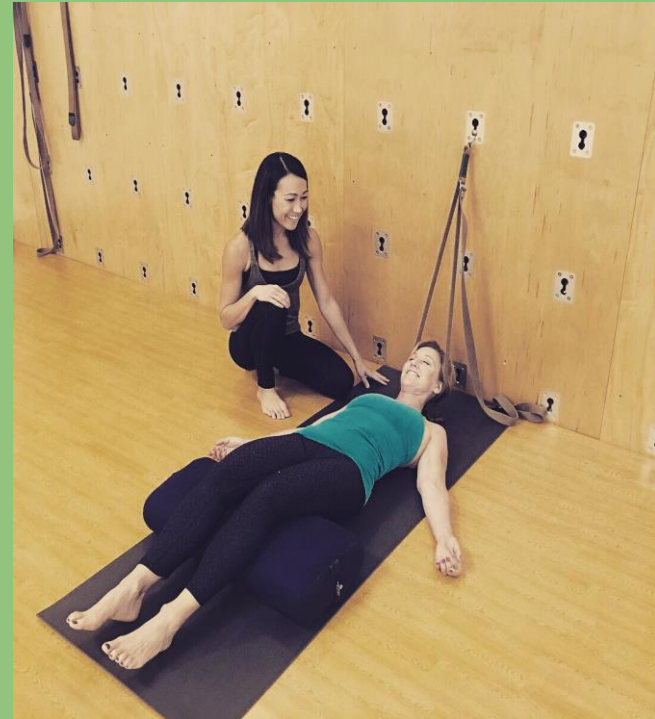
## Other techniques:



## Post-Op Knee Passive ROM



## Cervical Traction in Supine





# Yoga for Multiple Sclerosis



# Most significant impact of Yoga:

**1% Theory, 99% Practice!!**

- Nervous System Regulation (see Polyvagal Theory)
- Decrease Stress
- Increase Energy / Prana
- Change in perspective, beliefs and attitudes
- Connection to something greater, less focus on physical layer

Pictured: Nadhi Shodhana (alternate nostril breathing)





For more info:

- [www.IAYT.org](http://www.IAYT.org) International Association of Yoga Therapists
- [www.yogatherapy.health](http://www.yogatherapy.health)
- [www.wbyogatherapy.com](http://www.wbyogatherapy.com) Wisdom-Body Yoga Therapy
- [www.physi-yoga.com](http://www.physi-yoga.com)

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