

HOLISTIC YOGA THERAPY INSTITUTE

Structural Assessment Homework

Multiple Choice:

1. What is the first thing you want to do when your client is in acute pain?
 - a. begin a vinyasa practice
 - b. calm the nervous system
 - c. apply heat
 - d. stretch the muscle that is in spasm
2. What is the most important thing to establish when working with a client one on one offering therapeutic yoga?
 - a. a relationship
 - b. respect for your expertise
 - c. the compensation
 - d. liability
3. If someone has excessive hip internal rotation and very limited hip external rotation, it is likely that they will have difficulty in doing which pose?
 - a. Virasana (Hero's Pose)
 - b. Padmasana (Lotus Pose)
 - c. Dandasana (Staff Pose)
 - d. Balasana (child's Pose)
4. True or False: During a postural assessment, you are trying to be sure the client has optimal alignment, which means anything which deviates from the normal values (such as lumbar lordosis should be 20-30 degrees) means that they are out of alignment.
5. True or False: In the Egoscue model, a person with Sway Back, has shortened hamstrings, overstretched hip flexors, and under developed gluteals.
6. The following muscles are frequently dominant and lead to imbalances in movement:
 - a. Upper Trapezius
 - b. Gastroc Soleus
 - c. Hamstrings
 - d. a and c
 - e. none of the above

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7. Low back pain can be a result of the following:
 - a. poor core stability
 - b. lack of release and coordination of multi fidus muscles
 - c. weak quadriceps
 - d. overstretched hamstrings
 - e. a and b

8. The shoulder can be painful as a result of the following :
 - a. decreased strength of the deltoid
 - b. stiffness of the rhomboids and levator scapula
 - c. weakness of the pectoralis minor
 - d. an overlenghtened biceps muscle

9. Most clients would benefit from the following length of home yoga session:
 - a. 90 minutes
 - b. 45 minutes
 - c. 10-20 minutes
 - d. 5 minutes

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Below you will find several case studies of actual clients. Please review their history and findings and answer fill in the columns. List 2-3 Active Poses and 2-3 Restorative Poses to address the dysfunctions

Case Study #1

History: Client has practiced yoga for about two years and is having some stiffness in the hips and discomfort in the shoulders during and after practice. Had a rotator cuff injury on the right side, received physical therapy exercises and rehab from a trainer. Pain has resolved mostly, but flares up after or during yoga practice. Client is a golfer and cyclist. Had right knee ACL/PCL surgery in the 70.s. Feels at a plateau in his yoga practice.

Postural and Movement Assessment Findings

Alignment Dysfunction	Muscle Imbalances	Active Poses	Restorative
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Flat Lumbar spine

Abducted Scapula

Shoulder flexion movement:
Upper Trapezius Dominant

Decreased shoulder flexion

Double knee to chest
(sacrum lifts off mat)

Hip Flexor Length test Positive

Hip lateral rotation / Decreased

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Case Study #2

History: has practiced yoga for seven years, practicing Bikram. Flow, detox and yin yoga 2-3 times per week. She also is a runner and has run for 30 years, just participating in a marathon. She states that she has knee problems possibly secondary to her tight hips. She also stated that sometimes her feet bother her when running, especially under the big toe mound. She has seen a chiropractor for the last year for tension and pain in her neck, upper back and shoulders. Recently she has had problems with tightness in her left shoulder and an ache in her right low back. She states that she works at a computer a good deal of the time and has noticed that she leans to the left at the desk and uses her right hand on the mouse.

Postural Assessment Findings

Alignment Dysfunction	Muscle Imbalances	Active Poses	Restorative Poses
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Right Side Scoliosis

Slight increased Lumbar
Lordosis

Abducted Scapula on Right

Winging Scapula

Forward Shoulders

Anterior Pelvic Tilt

Supinated Feet

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Movement Assessment Findings

Alignment Dysfunction

Shoulder Flexion <180

Excessive Scapular Abduction
With shoulder flexion

Semi Squat: Knees track
Outward

Side Bending Limited to Left

Spinal Rotation Limited to
Right

TFL Test Positive bilaterally

Decreased hip Medial Rotation

Decreased Hip Lateral Rotation

Cow Pose: Lack of enough
Thoracic extension

Muscle Imbalances

Active Poses

Restorative

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Alignment Dysfunction

Cow Pose: Excessive Lumbar
Extension

Muscle Imbalances

Active Poses

Restorative Poses

Less than 180 Shoulder
Flexion

Design a 10-15 minute daily practice incorporating your findings and pose recommendations. Also include 1-2 breathing practices.

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Case Study #3

XXX is a 54 year old male who came to yoga therapy to try and improve his lifestyle, decrease stress, increase flexibility, improve balance and lose weight. He had just returned from a retreat at Canyon Ranch where he had access to multiple therapies including yoga therapy, an exercise program, nutrition etc. which motivated him to come home and continue his path to wellness. He has a history of pain in the neck, low back and knees. When he was 26 years old, he .blew out. a disc, had two surgeries to address this issue. He states his back hurts when it gets tight. He recently had surgery to help repair his right meniscus and completed a physical therapy program. He also stated that he is interested in learning proper breathing techniques. He does mention that he wears orthotics which are in need of replacing. is very heavy. He is 6.5 inches tall.

Medication: BP medicine

Health Issues: high blood pressure, allergies and major surgeries (back and knee)

Overall energy level: 5-6 on a 1-10 scale.

Stress level: high to off the chart Stress triggers: work, co-parent issues

Please write out a treatment plan incorporating all 8 steps: You do not have to be specific on the yoga poses, but rather address a holistic approach to working with this client.

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Case Study #4:

Summary:

_____ presents as a person exhibits stiffness throughout his spine with decreased lumbar extension and increased thoracic flexion. This loss of the normal curvature in his spine has decreased his spinal mobility and put his body out of alignment increasing stress to the back and to the knees and feet. He presents with his hips tilted under which flattens out the S curve of the spine. He also has rounded, slumping shoulders and a head that juts forward. Prior to engaging in traditional yoga postures, it is important for to increase his mobility in all his joints, as well as to start to gently strengthen the muscles which have not been utilized.

First step: was given the Joint Freeing Exercises by Mukunda Stiles in order to gently increase his overall range of motion. He was to perform all the exercises except the long sitting hamstring stretch. He was also instructed in breathing exercises and given a Yoga Nidra recording. His assignment was to practice his breathing and joint freeing program every day. He also was encouraged to practice Yoga Nidra.

Follow up appointment: 2 weeks

Follow Up:

This client returns to your session two weeks later. He states that he has not done his program at all. You have come with a plan to show him a short yoga practice, with some breathing instruction.

Describe what you will do during your treatment session to address what has happened since he last saw you.