**Structural Assessment Homework**

**Multiple Choice:**

1. What is the first thing you want to do when your client is in acute pain?
   1. begin a vinyasa practice
   2. calm the nervous system
   3. apply heat
   4. 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?
   1. a relationship
   2. respect for your expertise
   3. the compensation
   4. 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?
   1. Virasana (Hero’s Pose)
   2. Padmasana (Lotus Pose)
   3. Dandasana (Staff Pose)
   4. 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:
   1. Upper Trapezius
   2. Gastroc Soleus
   3. Hamstrings
   4. a and c
   5. none of the above
7. Low back pain can be a result of the following:
   1. poor core stability
   2. lack of release and coordination of multi fidus muscles
   3. weak quadriceps
   4. overstretched hamstrings
   5. a and b
8. The shoulder can be painful as a result of the following :
   1. decreased strength of the deltoid
   2. stiffness of the rhomboids and levator scapula
   3. weakness of the pectoralis minor
   4. an overlengthened biceps muscle
9. Most clients would benefit from the following length of home yoga session:
   1. 90 minutes
   2. 45 minutes
   3. 10-20 minutes
   4. 5 minutes

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**

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

**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**

Right Side Scoliosis

Slight increased Lumbar

Lordosis

Abducted Scapula on Right

Winging Scapula

Forward Shoulders

Anterior Pelvic Tilt

Suppinated Feet

**Movement Assessment Findings**

**Alignment Dysfunction Muscle Imbalances Active Poses Restorative**

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

**Alignment Dysfunction Muscle Imbalances Active Poses Restorative Poses**

Cow Pose: Excessive Lumbar

Extension

Less than 180 Shoulder

Flexion

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

**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.

**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.