

YOGA FOR PAIN MANAGEMENT

WHAT YOU SHOULD KNOW

YOGA is a form of exercise that involves stretching and movement along with breathing and meditation. It is a proven form of treatment for chronic pain conditions. Yoga exercises:

- Incorporate simple breath awareness
- Can improve your mood and sense of well-being
- Improve flexibility and strength
- Can be part of a comprehensive plan to improve your chronic pain symptoms over time

Recent studies have shown that people with mild to moderate chronic lower-back pain have benefited from a carefully adapted set of yoga postures to reduce pain and improve mobility.

Source: National Institutes of Health

UNDERSTANDING YOGA AND WHAT IT CAN DO FOR YOU

Yoga is a form of exercise rooted in an ancient Hindu practice that strengthens muscles as it helps improve your mental outlook. There are various yoga poses, which can be modified to meet your own special needs. Practice can begin with gentle movements and relaxation.

Benefits

- Poses can be modified to meet your comfort level and special needs
- You can start slow and build up your ability to practice the poses over time
- It's a simple, effective way to add activity to your daily life

Keys to Success

- Talk with your health care provider to determine if yoga is the right therapy for your chronic pain
- Realize that it may take time to relieve your pain
- Set realistic goals for your pain relief
- Establish a yoga routine and stay with it to build up your strength
- Realize that you may experience some soreness after you begin yoga
- Combine with other therapies for best results

HOW TO FIND A YOGA CLASS AND A QUALIFIED INSTRUCTOR

To find a class that's right for you:

- Look online to find poses and classes that suit your needs and your schedule
- Visit the studio and class to observe the teaching style
- Consider doing the class for a week to see if it suits your needs

To find a yoga instructor who's right for you:

- Look for one who is Yoga Alliance-certified as a Registered Yoga Teacher — visit yogaalliance.org to find a teacher near you
- Talk with the instructor to learn how the classes are run and if they are appropriate for pain management

Talk with your health care provider to be sure this type of therapy is right for you. For more information, visit HelpsHereDE.com.

