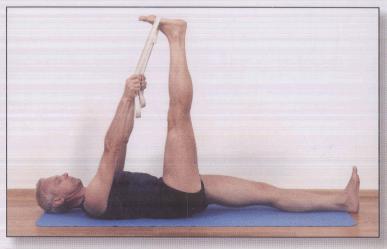
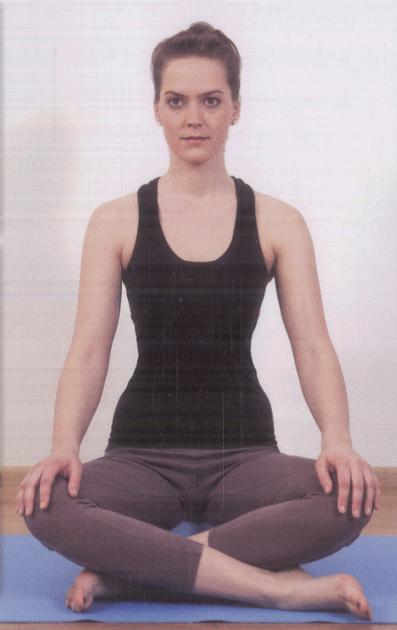
Luise Wörle • Erik Pfeiff

As Therapeutic Exercise

A Practical Guide for Manual Therapists







CHURCHILL LIVINGSTONE

Forewords by

B.K.S. Iyengar and Laurie Hartman

Contents

Forewords ix Preface xi Acknowledgements xiii

CHAPTER 1

Introduction to yoga 1

A short overview of the history of yoga 1

Introduction 1

The Vedas 2

The Upanisads 2

The Yoga-Sūtras of Patañjali 2

The depth of asana 3

Yoga and health 4

Aims to be achieved through practice and principles underlying the exercise approach **5**

Research on therapeutic yoga 5

What anatomy teaches for the performance of yoga exercises **6**

Final considerations 6

CHAPTER 2

Mindful exercising 9

Theories of mindfulness 9

Introduction 9

Mindfulness in the yoga tradition 9

Mindfulness in the Buddhist tradition 12

Psychological aspects of mindfulness and movement 12

The meaning of mindfulness for exercising 14

Summary 15

Teaching mindfulness and mindful exercising 15

General considerations 15

The practical aspects of mindful exercising **15**Exercise to develop awareness and to refine the approach to the barrier of movement **16**

CHAPTER 3

Diagnosis 17

General considerations for diagnosis and testing **17**Tests of our aims of exercising **18**

The meaning of mindfulness 19

Mobility and stability 19

Standing active examination for hip and spinal

mobility 20

Tests for the feet 20

Tests for the knees 20

Tests for the hips 20

Tests for the iliosacral joints 21

Tests for the shoulders 21

Tests for elbows, wrists, and hands 22

Tests for the atlanto-occipital area and the cervical

spine 22

Tests for the temporomandibular joint 22

Testing strength 22

Testing stamina 22

Testing relaxation 22

Testing balance 23

Testing coordination 23

Testing synchronization 23

Testing breathing 23

Summary 23

Exercise	and	pain	24
EXCIDIO	and	pairi	<i>-</i>

Pain during exercise 24

Pain after exercise 25

Contraindications 25

CHAPTER 4

Motivation and cognitive-behavioral intervention strategies **27**

General considerations 27

Practical measures 28

Small steps 28

Asking questions 29

Immediate or delayed reward 30

The known and the unknown 30

"Just do it!" 31

Memory tools 31

Consolidating new habits and transferring them to daily

life **32**

Positive attitude 32

Correcting mistakes 32

Control of therapeutic behavior 33

CHAPTER 5

Preparatory practice for the yoga art of breathing **35**

General introduction 35

Basic anatomy and physiology of respiration 36

External and internal respiration 36

The passage of air 36

The muscles of respiration 37

The muscles of inspiration 37

The muscles of expiration 38

The thoracic cage 38

The ribs and their movements with inhalation and

exhalation 38

The spine 39

The sternum 39

The exchange of oxygen and carbon dioxide between the

alveoli and the blood vessels 39

The rhythm and volume of respiration **39**

Connection of respiration with the other systems of the body 40

Preparation for prāṇāyāma, the yoga art of breathing 40

Introduction 40

Modern research on prāṇāyāma 41

The practical experience of inhalation and exhalation 41

Introduction 41

The supine, supported position 41

The correct sitting position 42

Experiencing detailed areas that are relevant for breathing 42

Deep inhalation supine 43

Deep exhalation supine 43

Deep inhalation sitting 43

Deep exhalation sitting 43

Combining these techniques and experiencing inner

stillness 44

Summarizing considerations for the preparatory practice for

prāṇāyāma 44

Resting poses and exercises for preparing prāṇāyāma 44

CHAPTER 6

The basic exercises 47

General introduction: basic exercises 47

How to use the basic exercise section 47

Frequently used positions and movements 50

Breathing during exercising 51

1. Basic exercises for the lumbar spine 52

Exercise 1.1: Lumbopelvic stability 52

Exercise 1.2: Abdominal strength 53

Exercise 1.3: Rhythmic relaxation **54**

Exercise 1.4: Knee hug rotation variation 55

Exercise 1.5: Knee hug side-bending variation **56**

Exercise 1.6: Roll the back **56**

Exercise 1.7: Roll the back on a chair **57**

Exercise 1.8: Coachman relaxation 58

Exercise 1.9: Arched and hollow back with side-bending **59**

Exercise 1.10: Side-bending strength **60**

Exercise 1.11: Balance on the side 61

Exercise 1.12: Baby back-bends 62

Exercise 1.13: Stick on four roots 63

Exercise 1.14: Four-point kneeling – variations **64**

Exercise 1.15: Shoulder bridge and variations **65**

	5
2. Basic exercises for the thoracic cage and ribs 68	Exercise 5.6: Strong neck 106
Exercise 2.1: Communicating with your breath 68	Exercise 5.7: Relaxed jaw 108
Exercise 2.2: The rib wave 69	Exercise 5.8: Moving the tongue 109
Exercise 2.3: Caterpillar movement 70	Exercise 5.9: Sensitive nose 110
Exercise 2.4: Supported supine resting position 71	Exercise 5.10: Moving the eyes 110
Exercise 2.5: Supported shoulder bridge 71	Exercise 5.11: Palming 111
Exercise 2.6: Supported side-bending 72	Exercise 5.12: Attentive ears 111
Exercise 2.7: Supported forward-bending 73	6. Basic exercises for elbows, wrists, and hands 112
Exercise 2.8: Finetuning rotation 73	Exercise 6.1: Shake hands 112
Exercise 2.9: Four-point kneeling 74	Exercise 6.2: Wrist circumduction 113
3. Basic exercises for the thoracic spine 76	Exercise 6.3: Carpal tunnel stretch 113
Exercise 3.1: Mini-back-bend 76	Exercise 6.4: Strong and flexible wrists 114
Exercise 3.2: Side-lying rotation 76	Exercise 6.5: Integrated wrist mobilization 115
Exercise 3.3: Thoracic side-bending 77	Exercise 6.6: All-round elbow movement 117
Exercise 3.4: The little boat 78	Exercise 6.7: Four-point kneeling variations 118
Exercise 3.5: Baby back-bends 79	7. Basic exercises for the pelvis 120
Exercise 3.6: Sitting twist 80	Exercise 7.1: Mobilization of the iliosacral joints 120
Exercise 3.7: Leaning over the back of the chair 81	Exercise 7.2: General mobilization of the iliosacral joints 121
Exercise 3.8: Strong back 81	Exercise 7.3: More complex mobilization of the illosacral
Exercise 3.9: Shoulder bridge 82	joints 121
Exercise 3.10: Four-point kneeling 83	Exercise 7.4: Lying on your sacrum 122
Exercise 3.11: Cat stretch 84	Exercise 7.5: Psoas stretch 122
4. Basic exercises for the shoulder girdle and the	Exercise 7.6: Correcting pelvic torsion 123
cervicothoracic junction 85	Exercise 7.7: Mobilizing the symphysis pubis 124
Exercise 4.1: Pendulum exercises standing 85	Exercise 7.8: Stabilizing the hips 125
Exercise 4.2: Scapular movements 86	8. Basic exercises for the hips 126
Exercise 4.3: Spider monkey 1 86	Exercise 8.1: Rhythmic external and internal rotation 126
Exercise 4.4: Spider monkey 2 87	Exercise 8.2: Circumduction of hips 128
Exercise 4.5: Turning the head 88	Exercise 8.3: Strong external and internal rotation 129
Exercise 4.6: Arms around each other 89	Exercise 8.4: Hip swing 129
Exercise 4.7: Elevating arms in three steps 90	Exercise 8.5: Half-lotus variations 130
Exercise 4.8: Elevating the arms 92	Exercise 8.6: Four-point kneeling 133
Exercise 4.9: Strong shoulders 94	Exercise 8.7: Hip relaxation 133
Exercise 4.10: Four-point kneeling 97	9. Basic exercises for the knees 134
Exercise 4.11: All-embracing shoulder work 98	Exercise 9.1: Rhythmic knee movement 134
Exercise 4.12: Thoracic outlet 100	Exercise 9.2: Finetuning the knee extension 134
5. Basic exercises for the cervical spine, head, and	Exercise 9.3: Mobile patella 135
temporomandibular joint 101	Exercise 9.4: Posterior knee 135
Exercise 5.1: Atlas and axis 101	Exercise 9.4: Posterior knee 133 Exercise 9.5: Rotation of the lower leg 135
Exercise 5.2: Long neck 102	Exercise 9.6: Stable knees 136
Exercise 5.3: Mobile head on the spine 103	Exercise 9.7: Deep knee bend 137
Exercise 5.4: Turn and bend 105	Exercise 9.7. Deep knee bend 137 Exercise 9.8: Bent-leg knee stability 138
Exercise 5.4: furth and bend 105 Exercise 5.5: Gentle side-hending 105	Exercise 9.6. Bent-leg knee stability 136 Exercise 9.9: Triangle 138
CAGIGGE A A GELLIE SIDESUELUILI III IIII	LAGILLAG 21 21 HIZHUG 1470



10. Basic exercises for the feet 140

Exercise 10.1: Awareness of the feet 140

Exercise 10.2: Shake the foot 140

Exercise 10.3: Active movements of feet without

weight-bearing 141

Exercise 10.4: Understanding the arches of the feet 142

Exercise 10.5: Spreading the toes 143

Exercise 10.6: Weight-bearing foot exercises **145**

Exercise 10.7: Rolling over the toes 146

Exercise 10.8: Achilles tendon alignment 147

Exercise 10.9: Foot seesaw 148

Exercise 10.10: Foot caterpillar 149

CHAPTER 7

Selected āsanas for integrating the aims and principles **151**

Introduction 151

Selected asanas 154

- 1. Tādāsana **154**
- 2. Vṛkṣāsana 156
- 3. Utthita Trikonāsana 157
- 4 Vīrabhadrāsana II **159**
- 5. Utthita Pārśvakonāsana 162
- 6. Ardha Candrāsana 164
- 7. Parīghāsana 165
- 8. Pārśvottānāsana 168
- 9. Vīrabhadrāsana I **170**
- 10. Vīrabhadrāsana III 171
- 11. Parivrtta Trikonāsana 172
- 12. Utkatāsana 174
- 13. Uttānāsana **175**
- 14. Adho Mukha Śvānāsana 179
- 15. Bakāsana **182**
- 16. Sukhāsana **184**
- 17. Vīrāsana **188**
- 18. Triang Mukhaikapāda Paścimottānāsana 190
- 19. Baddha Koṇāsana 193
- 20. Jānu Śīrṣāsana 195
- 21. Marīcyāsana III 197

- 22. Utthita Marīcyāsana 198
- 23. Bharadvājāsana I 199
- 24. Ūrdhva Mukha Śvānāsana 200
- 25. Śalabhāsana 202
- 26. Ustrāsana **203**
- 27. Națarājāsana 204
- 28. Adho Mukha Vrksāsana 206
- 29. Sālamba Śīrṣāsana 208
- 30. Supta Pādāngusthāsana 211
- 31. Sālamba Sarvāngāsana 212
- 32. Halāsana **215**
- 33. Viparīta Karanī 217
- 34. Śavāsana **218**

Combinations and sequencing of asanas 221

CHAPTER 8

Yoga in everyday life 223

Introduction 223

Selections from practice that are suitable for integration into many areas and situations **224**

Exercise: Breathing and listening 224

Quiet breathing in a good sitting posture 224

Conscious standing 225

Conclusion 225

Examples for integrating the spirit and practice of yoga into everyday life **225**

In bed 225

In the bathroom 226

Housework and gardening 226

Going out 226

Driving a car **227**

Traveling in a bus, train, or plane 227

In the office 227

In an occupation with hard physical labor or many asymmetrical

positions 228

In your spare time 228

Conclusion 228

Afterword 229

Index 231