

Yoga for Active Self Care and Pain Management

World Spine Care Yoga Project



May 2018, Presenter:
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Yoga



Mindfulness



Breathing



Postures



Why Yoga for Chronic Low Back Pain?

Therapies addressing physical, psychosocial, and emotional dimensions may be more helpful than treatments addressing only one dimension

A biopsychosocial longitudinal self-care strategy

Physical activity has known benefits for cLBP (Hayden et al., 2005)

Reduces maladaptive movements/postures and assist soft tissue remodelling (Langevin et al., 2006)

Summary of Literature to date

RCTs for non specified cLBP were reviewed

- 6 large RCTs (N=90-313)**
- 6 smaller RCTs (N= 12-80)**

5 Reviews (1 Meta analyses)

At least 3 large studies in progress (in 2016) 2 with veterans

Recommendations for cLBP in 2 Guidelines (Chou 2007; Nice 2009)

At least 1 meta analyses/review for Mindfulness and Meditation for Chronic Pain (Lara Hilton et al; 2016)

(Chou et al. Annals Int Med 2007) Practice Guideline:
 From **American College of Physicians & American Pain Society**

Intervention Category*	Intervention	Acute < 4 Weeks	Subacute & Chronic > 4 Weeks
Self-care	Advice to remain active	●	●
	Books, handout	●	●
	Application of superficial heat	●	
Nonpharmacologic therapy	Spinal manipulation	●	●
	Exercise therapy		●
	Massage		●
	Acupuncture		●
	Yoga		●
	Cognitive-behavioral therapy		●
	Progressive relaxation		●
Pharmacologic therapy (Carefully consider risks/harms)	Acetaminophen	●	●
	NSAIDs	●(▲)	●(▲)
	Skeletal muscle relaxants	●	
	Antidepressants (TCA)		●
	<i>Benzodiazepines**</i>	●(▲)	●(▲)
	<i>Tramadol, opioids**</i>	●(▲)	●(▲)
Interdisciplinary therapy	Intensive interdisciplinary rehabilitation		●

Meta-analyses: Primary Outcomes

Cramer Review

In the short term, strong evidence that yoga:

- Reduced pain**
- Improved back-related functional disability**
- Improved QOL**

At longer-term follow-ups, moderate evidence that yoga:

- Reduced pain**
- Improved back-related functional disability**

Meta-analyses: **Secondary Outcomes**

- Several RCTs of patients with chronic LBP found that the yoga group showed improvements in:
 - **Mood** (Williams et al., 2009; Tekur et al., 2012)
 - **Self-efficacy** (Tilbrook et al., 2011, Sherman et al., 2013)
- Tekur et al (2008, 2010) reported increased **active and passive range of motion** when assessing lumbar spine flexibility and straight leg raise test, respectively

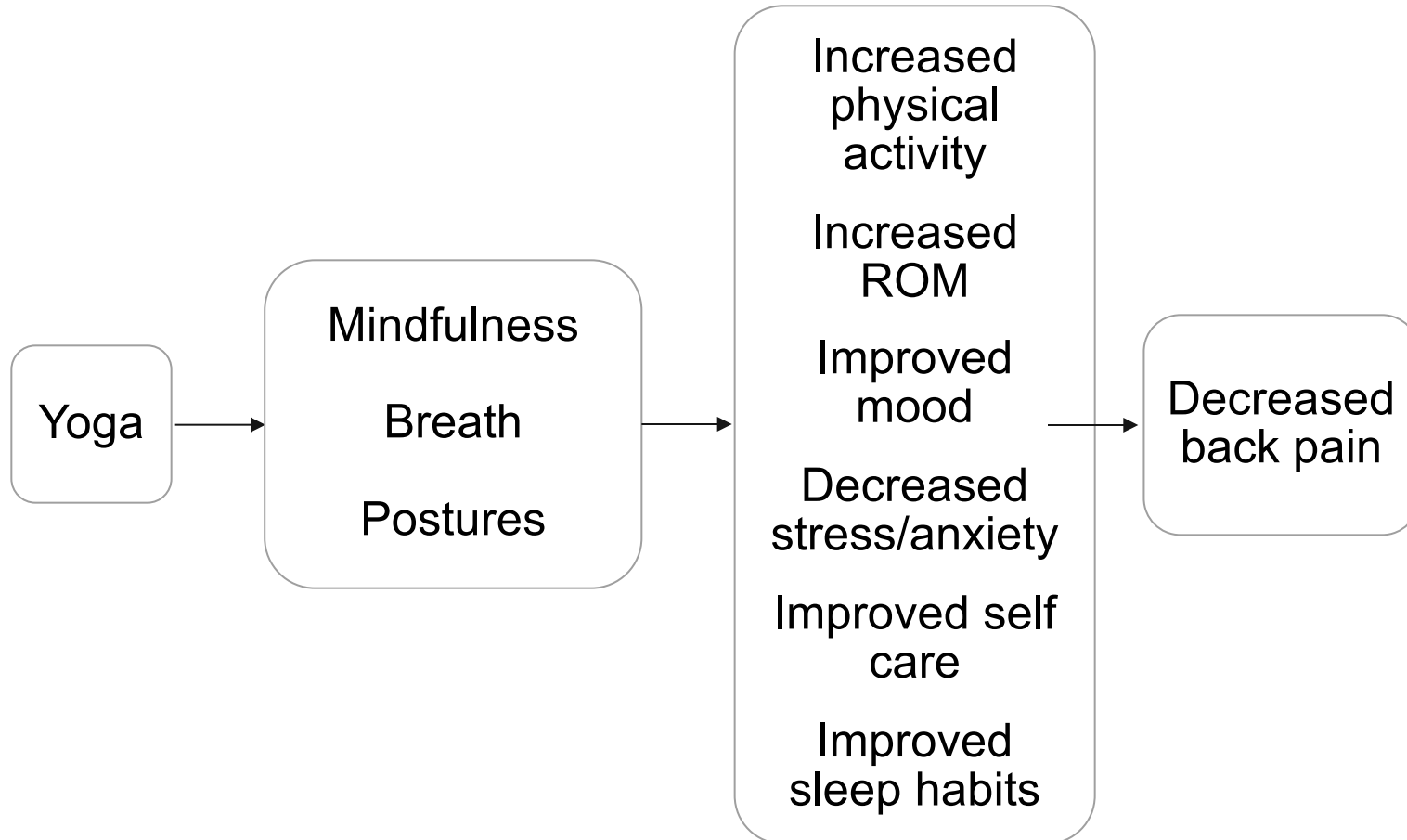
Relief of physical & mental stress

- **Evidence of effectiveness for:**
 - **Stress and Anxiety** (Vollestad et al. 2012)
 - **Depression** (Balasubramaniam et al., 2012)
 - **Insomnia** (Afonso et al., 2012; Khalsa, 2004)
- **Thickening of areas of the brain associated with pain tolerance** (Villamure et al. 2013)
- **Increases in levels of GABA, the main inhibitory neurotransmitter of the brain** (Streeter et al., 2007, 2010, 2012)
- **Improvement in:**
 - **Pain**
 - **Depression**
 - **QOL**(Mindfulness and Meditation for Chronic Pain Lara Hilton et al., 2016)

Overall Conclusions

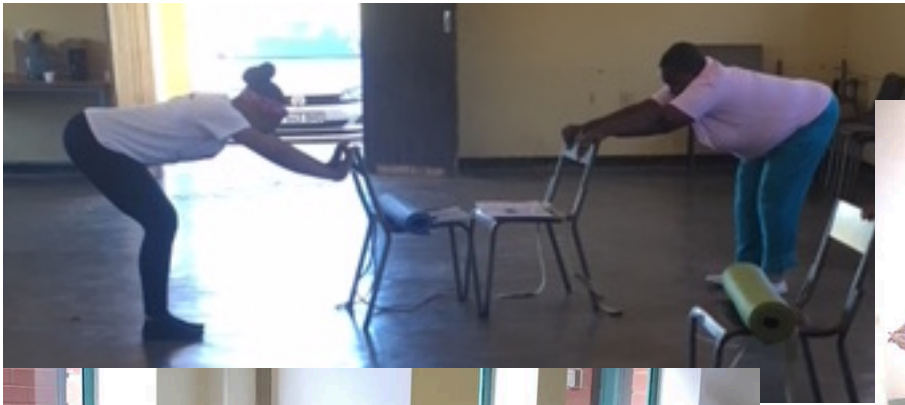
- These studies strongly suggest that Yoga has an important role to play in management of nonspecific cLBP for adults who are willing to practice yoga (primarily pain, function)
- There is limited evidence for acute back pain or specific causes of back pain such as that related to stenosis, disc herniation or LBP related to special populations (e.g. during pregnancy)
- For patients: practice Yoga 1x a week may be enough to provide relief from cLBP (Saper et al., 2013)
- Strong evidence for Yoga and improved QOL, decreased insomnia, depression, stress and anxiety

Hypothetical Model



World Spine Care Yoga Project





What is the WSC Yoga Project?

Mission

To support the global mission of World Spine Care by empowering individuals to share the practices of Yoga.

Vision

Everyone, everywhere has access to the practices of Yoga as a tool for active self-care and pain management



Level 1

Lower mobility/higher potential for chronic pain





SHOSHONG - May 2018

Date	Time	Teachers Name
Thurs 3rd	Standing Yoga	Ookeditse
Mon 7th	Standing Yoga	Bareedi
Thurs 10	ASCENSION DAY	
Mon 14th	7.30am	Oki
Thurs 17th	7.30am	Mosedi
Mon 21st	7.30am	Gloria
Thurs 24th	7.30am	Ookeditse
Mon 28th	7.30am	Bareedi
Thurs 31st	7.30am	Oki

Mosedi will teach the first lesson of June





Level 2 Higher mobility lower chronic pain











Why is it unique?

- Capacity building
- Building from the ground up addressing unique requirements
- Direct measurable outcomes
- In collaboration with a major health care organization
- One of the only training programs of it's kind around the world

This model is continuing to expand in the hopes of reaching millions people worldwide, old, young, rich and poor who are suffering from musculoskeletal pain and limited mobility.



At 7am we hope to see you at our morning yoga class to experience an example of what the Yoga Project is offering to patients today. As per our mission it will be accesible to all levels of mobility

Tomorrow at 10:45-12pm we will be offering breakout session teaching practical application of Breath, Mindfulness and Movement exercises you can offer your patients.
Yoga interventions for pain management and active self care within the clinical setting