

GEISINGER HEALTHSOUTH REHABILITATION

2 Rehab Lane • Danville, PA 17821

(800) 232-8260 www.geisingerhealthsouth.com

“...A Higher Level of Care”

FACT SHEET

Yoga Rehabilitation Program

The **Yoga Rehabilitation Program** uses ancient techniques that originated in India thousands of years ago as a complementary therapy to our conventional Physical Therapy. Diagnosis specific, this program will lead patients towards holistic healing, and maximum physical and emotional health. Treatments will consist of traditional yoga postures to increase flexibility with prolonged static stretches, strengthen muscles in an isometric/eccentric manner, and to improve balance and concentration. Stress management and relaxation techniques, (*a large part of the Yoga Science*), may allow patients to decrease pain associated with tension, anxiety and stress by emphasizing efficient diaphragmatic breathing, improving posture and guided musculoskeletal systematic relaxation. The program promotes and assists individuals to help themselves by teaching the techniques which they may utilize to decrease exacerbations of their symptoms.

The program may help the following:

- General orthopedic patients with decrease in flexibility and joint ROM
- Oncology patients on chemotherapy needing a gentler way to increase endurance, reduce fatigue, and anxiety
- Bariatric population who need a gradual introduction to exercise
- Patients with pelvic pain/ OB GYN prenatal health
- Athletes to improve balance, concentration and reaction times in performance
- Chronic depression or fatigue patients
- Fibromyalgia patients
- Stress related conditions-patients with anxiety issues
- Patients w/ either hypotension or hypertension
- Patients w/respiratory disorders
- Poor posture patients

Therapeutic Objectives:

- Make permanent flexibility changes to increase ROM in joints
- Strengthen the core musculoskeletal system in an isometric/eccentric manner
- Improve balance, concentration and reaction times in performance
- Promote healing and improve energy and endurance
- Decrease anxiety, depression and stress related conditions
- Restore proper diaphragmatic breathing to improve breathing capacity
- Improve the ability to concentrate
- Decrease musculoskeletal tension to relieve pain
- Increase physical body self awareness
- Correct poor posture

Therapeutic Intervention:

- Postures to create permanent flexibility changes
- Postures to increase muscular strength
- Diaphragmatic breathing education and practice
- Education in guided self relaxation for stress management
- Practice of mind body connection through physical self awareness and mental clarity exercises
- Education in posture correction
- Instruction in activity modification to reverse effects of negative stress

Additional Information:

Please contact **Emily Fiochi PTA, CYI at 271-6704 w/ any questions or comments.** Emily is a certified yoga instructor through the Himalayan Institute, Honesdale since June 2000, and has been using Yoga techniques as a modality in outpatient PT since 2001. She hopes to create a bridge between Yoga and conventional PT to promote holistic well-being

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