

Awakening The Body

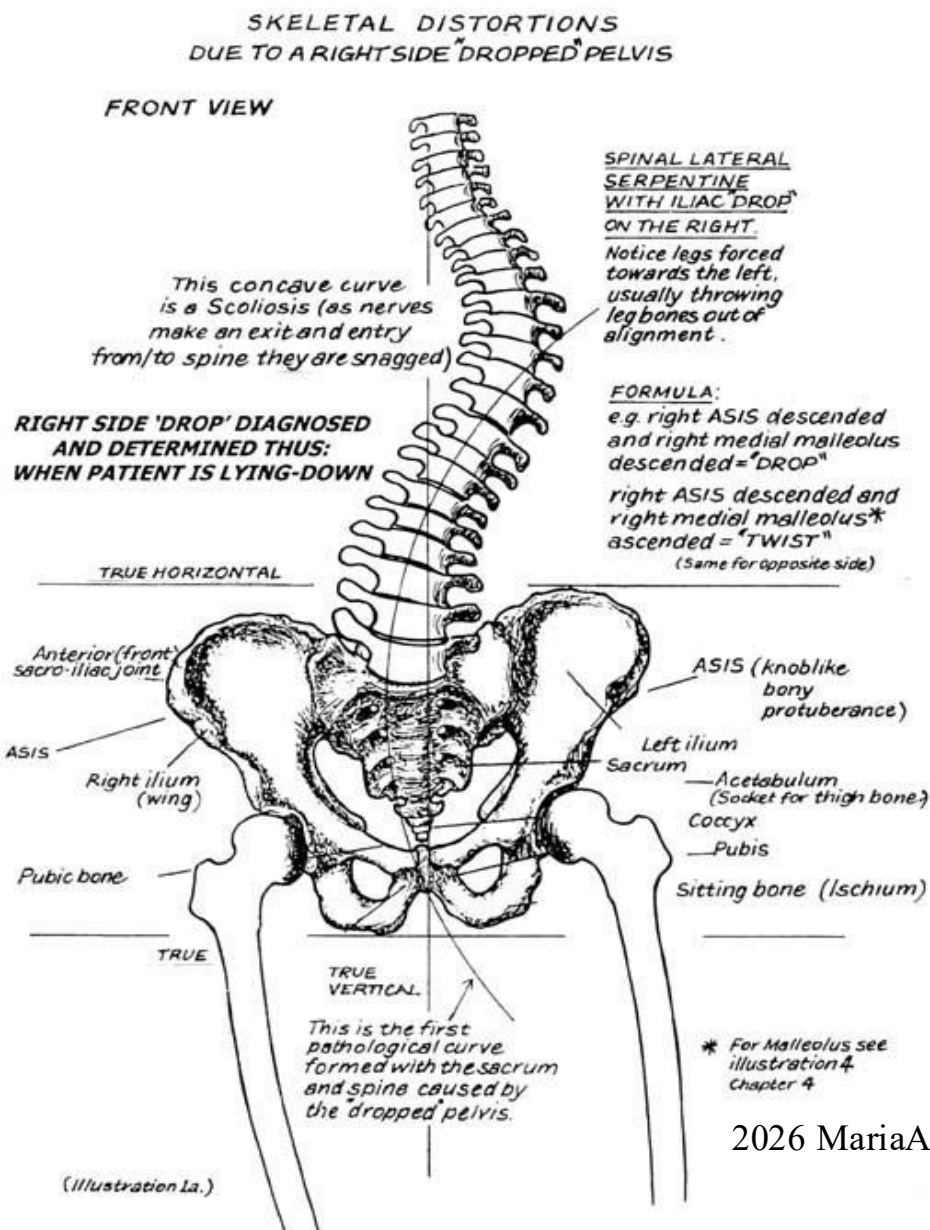


Creates Body “Clairvoyance”

Awakening the dormant psoas creates the ability to then use it unconsciously - Long

Spinal/Pelvic Distortions

- Scoliosis – 80% idiopathic
- Abnormal side-side curvature
 - Assymetry of ribs/rotation of vertebrae
 - Yoga can help in decreasing curvature



Scoliosis – Types

Scoliosis Curve Patterns

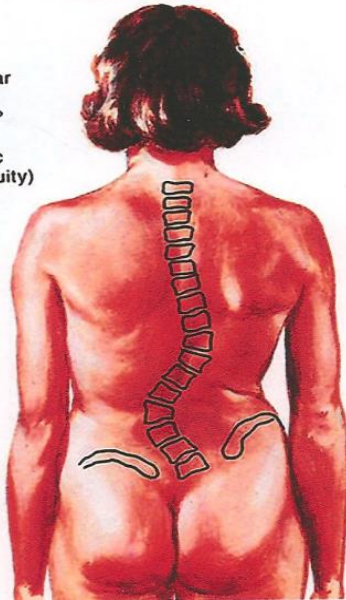
Right thoracic curve of 70°



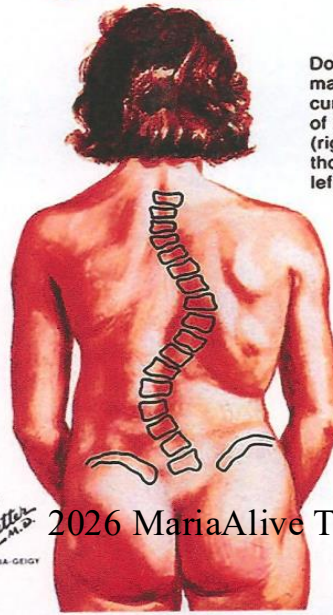
Right thoraco-lumbar curve of 70°



Left lumbar curve of 70° (note pelvic obliquity)



Double major curve of 70° (right thoracic, left lumbar)



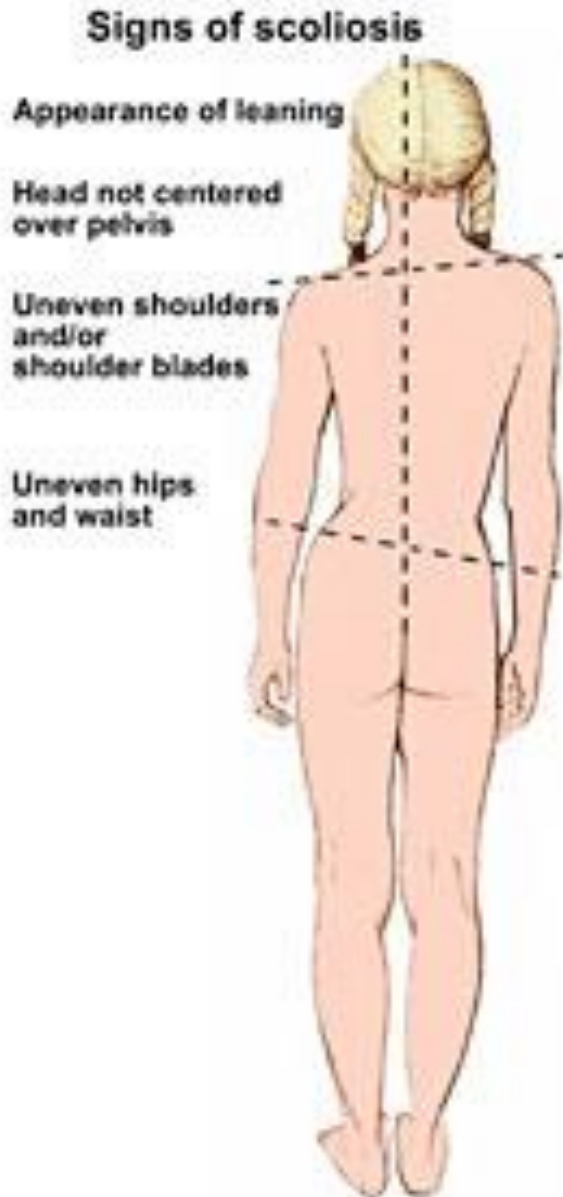
Convex side: muscles overly stretched/weak

Concave side: same muscles tight/overworked

Symptoms:

1. Shoulder height uneven.
2. Scapula prominent
3. Chest prominent 1 side.

Signs of Scoliosis



- Rotation of ribs
 - **Front body:** protruberance on concave side
 - **Back body:** protruberance on convex side
- Shoulder height uneven
 - Higher on convex side
- Unilateral winging
 - On side of convexity
- Uneven hips
- One arm held more forward & outward
- Head often not centered

Scoliosis -



Along with the lateral bend of scoliosis, comes also a twisting action in the spine.

Reading A Scoliometer

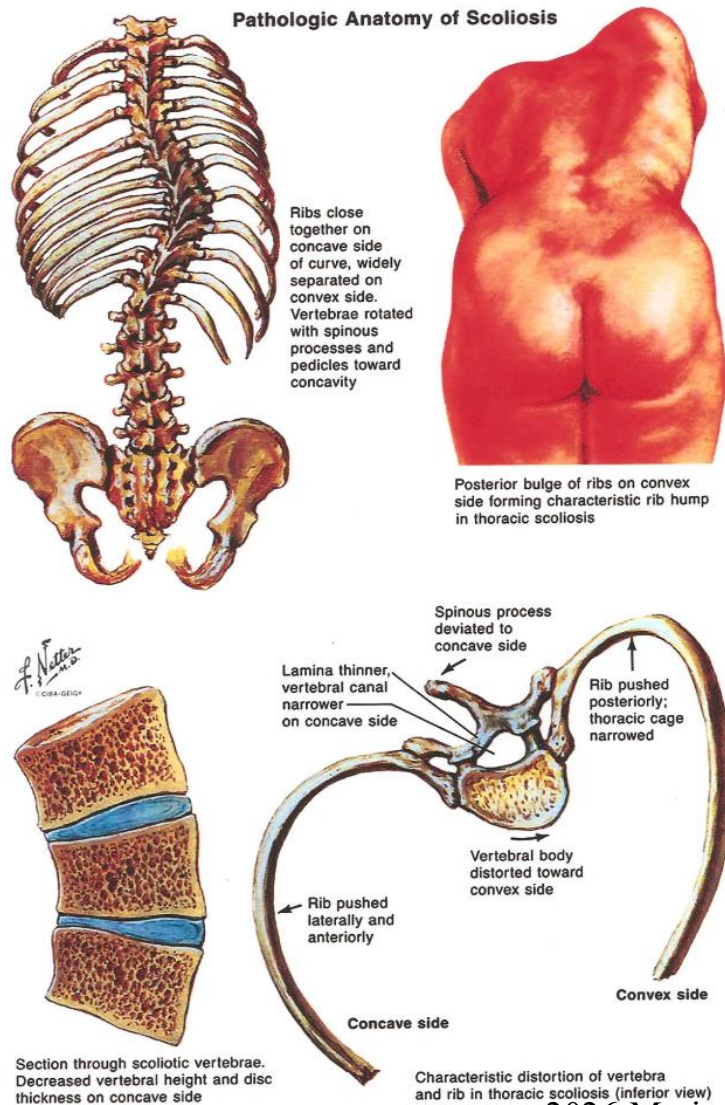
- **Back View-Standing:**
 - 1 shoulder higher
 - Head alignment to one side
 - 1 hip/waist crease more prominent
 - Unequal distance between arms & body
- **Forward Bend Test:**
 - One side of rib cage &/or low back shows uneven symmetry
 - Abnormal curve in spine
- **Techniques:**
 - Adjust height of bending to level of deformity. Read scolimeter
 - Read lower scapula & midlumbar



**Reading is positive
if 5-7 degrees or
more.**

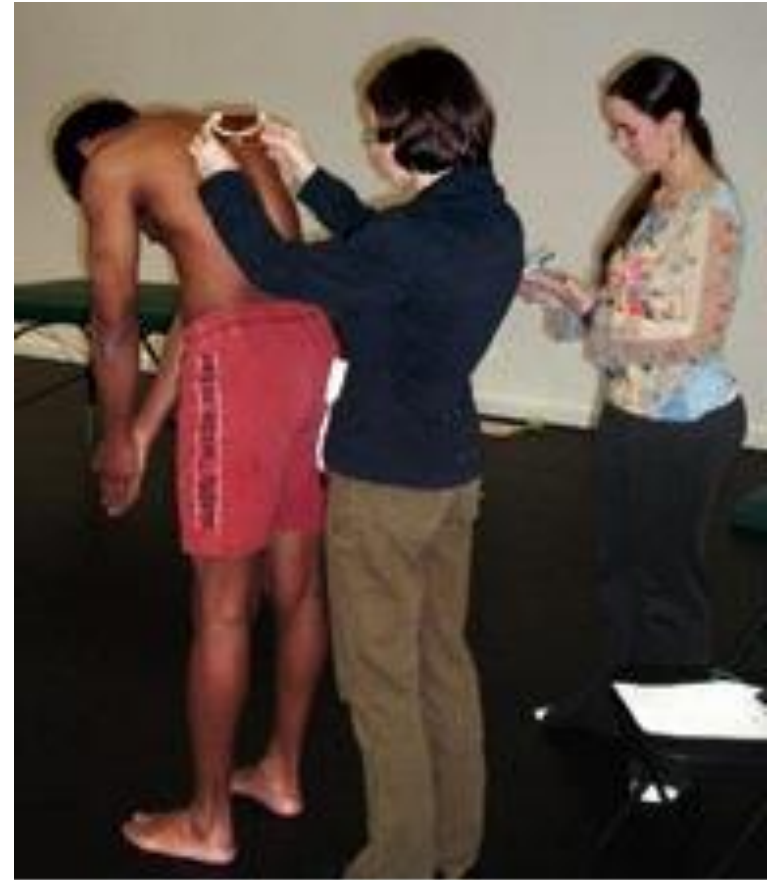
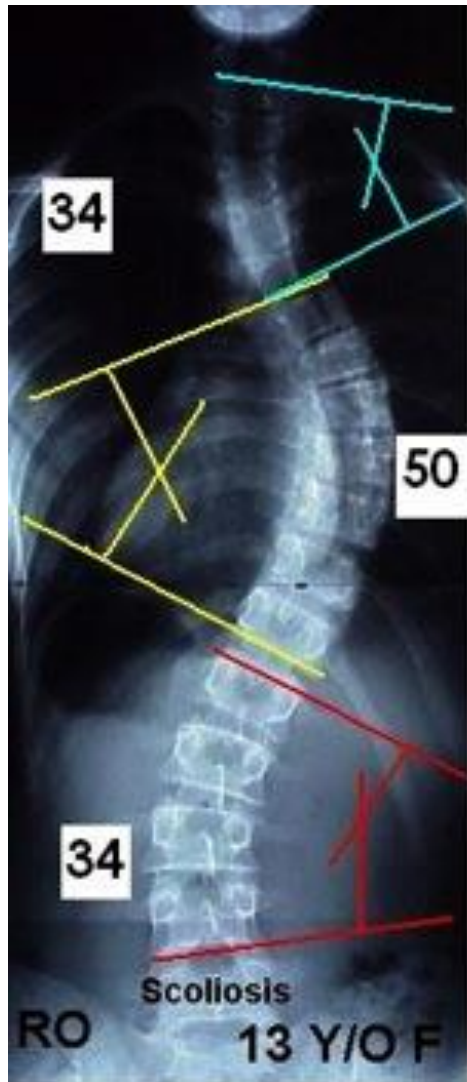
**7 degrees = 15-20
degree Cobb Angle**

Scoliosis – Bone Structure



- Always SI stabilization daily...
- **Left thoracic curve** more critical – heart...
- **Muscles:** levators, upper traps, intercostals, psoas, etc.
- **Upper body curves** = difficulty sleeping
- **Lower body curves** = digestive disturbances

Cobb Angle & Scoliometer



- 7 degrees on scoliometer = 20 degrees on Cobb Angle.

Scoliosis: Yoga Therapy Concepts

- **Look at habitual movement patterns**
 - Sit with cross legs
 - Always sleep one side
 - One leg dominance
 - How carry objects
- **Contraindicated poses:**
 - Minimize f/w bends – except parsvottanasana
 - Moving deep into curve before get strong thru hips/abs
 - If it hurts, don't do it

Koshas & Scoliosis:

K1 – Strengthen/relax & awareness of posture habits

K2 – Breath to guide movement; increasing awareness of prana

K3 – Increasing self concept; empowerment in healing process; support

K4 – Creating well-informed experiential understanding of body

K5 – Promoting connection of personal self with universal self thru meditation & self awareness techniques.

Scoliosis: Keep a Breath-Centered Practice

• Phase I: STRENGTH

- Assess hypo/hyper patterns of hip mobility
- strengthen hips
 - gluteus medius, int/ext hip rotators
- Strengthen erectors, quads, hammies.
- Some stretch – chest
 - Reverse plank
- Lunges good

• HYDRATE/OLEATE

Sunbird, Salabhasana,
Parsvotanasana,
Trikonasana, Side Planks

• Phase II: REALIGN BODY

- Changes occur more quickly
- Emotional releases
- Fine tune proprioception
- Deeper Psoas work
- Deeper IT band stretching

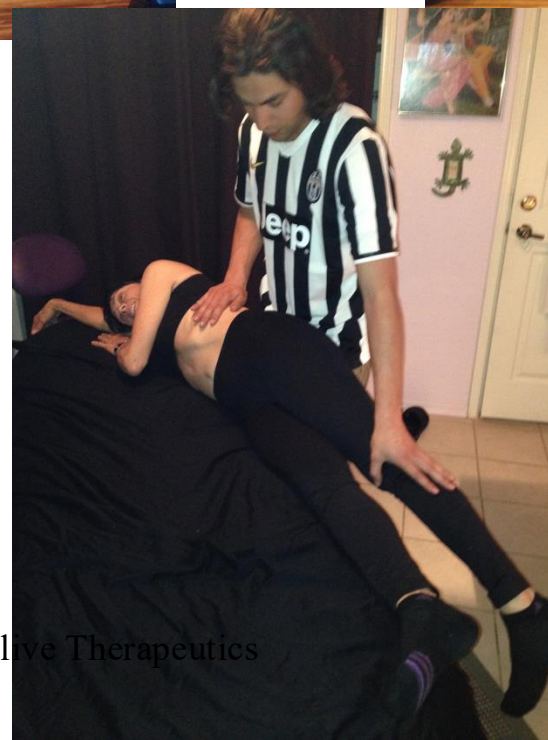
• Phase III: MAINTENANCE

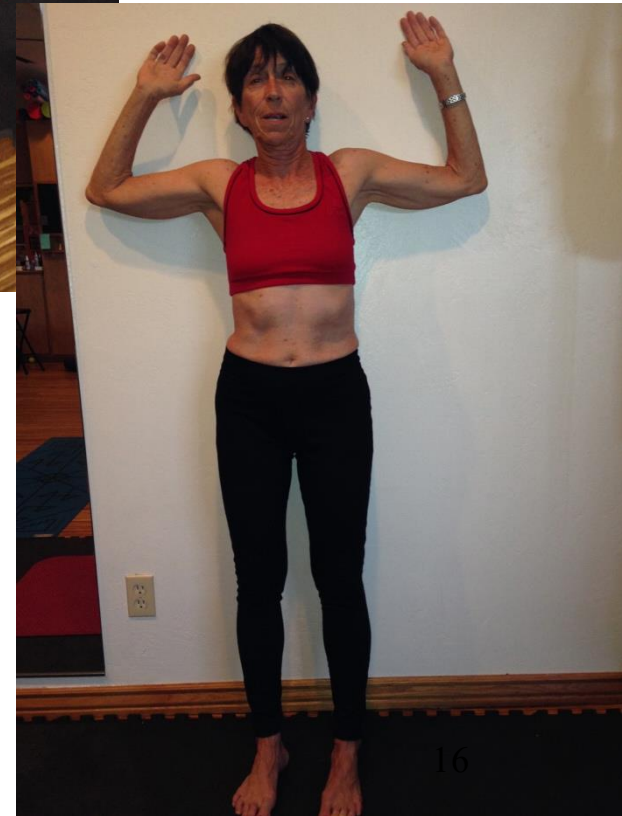
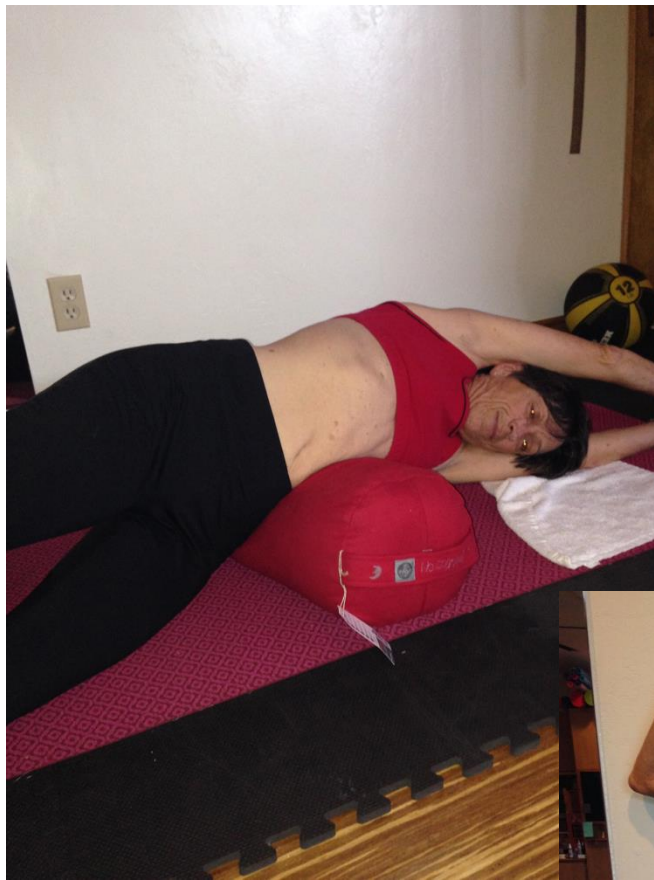
- Lifetime commitment
- Keep target muscles strong
- Rib work; keep agni strong
- Stay emotionally open
- Deeper meaning of yoga

SCOLIOSIS BASICS

- ALWAYS Balance Hips
SI Stabilizer
- Strengthen Mid-Traps
CAT BOW
- Strengthen / ALIGN LUMBAR
COBRA
- Strengthen Glutes
SUNBIRD; Bridge
- Adductor symmetry
Virab I; Prasrita



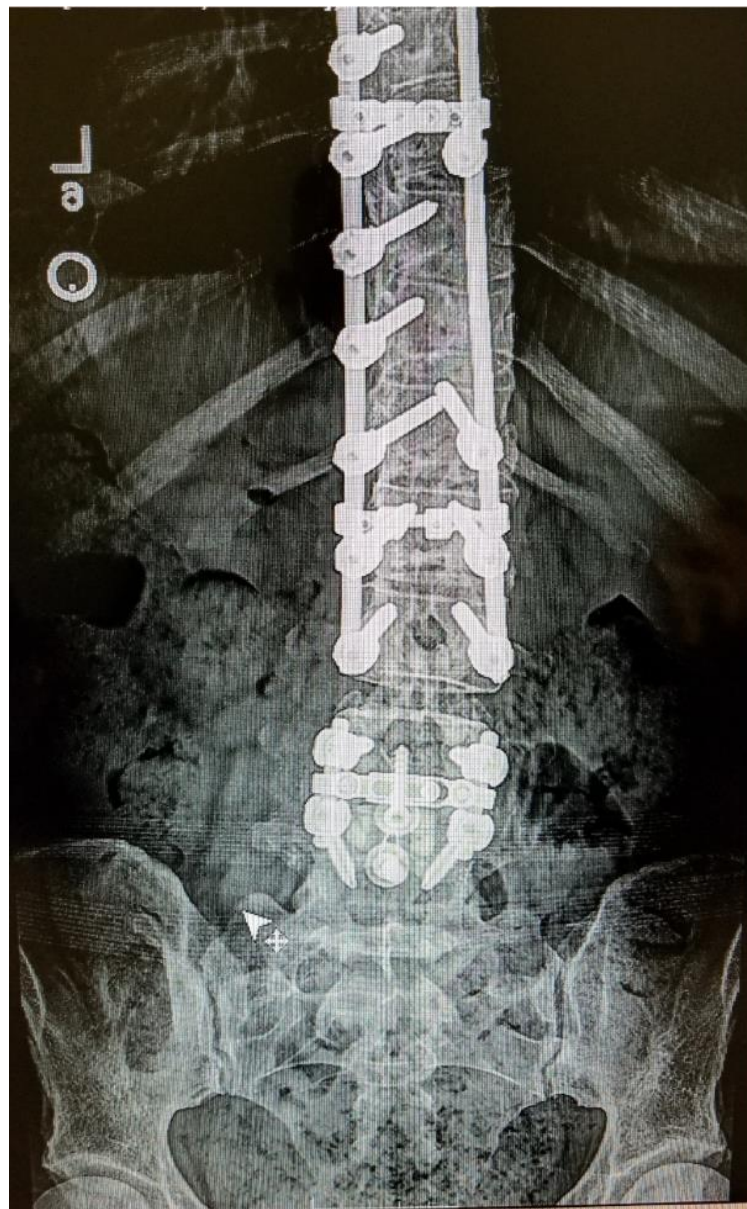
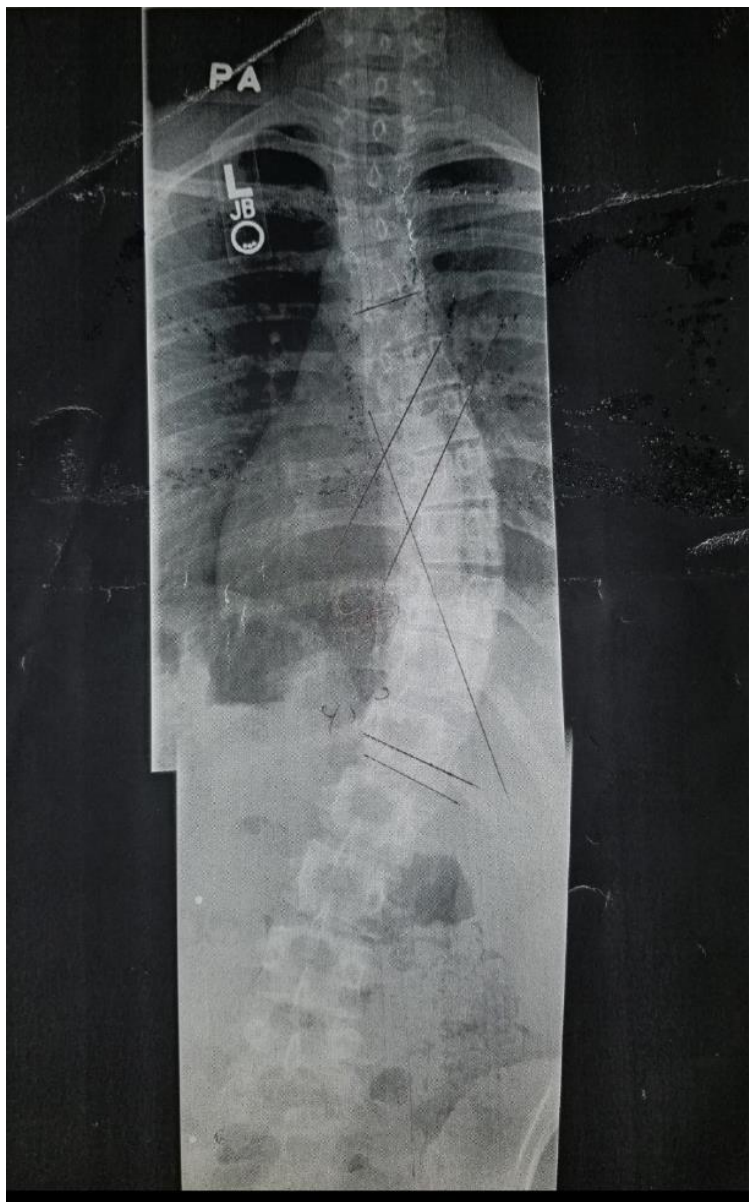




Scoliosis Assessment - Individual #1



FYT Fall 2021



Ayurveda & Scoliosis

- **Vata derangement:**

- Affects Ashti dhatu (bone)
- Deviation of spine creates prana blockages
- “can’t see the truth; perception is not level”
Stiles
- Distorted sense of what constitutes healthy posture
- Emotional “stuckness” and/or outbursts
- Difficulty sticking with routine practices

- **Ayurvedic Treatment:**

- Promote emotional release
- Increase fluids
- Keep warm
- Oleate internal/external
- Daily sadhana w/deep focusing practices
- Daily nap to reset nervous system
- Vata balancing diet
- Massage
- Shifts occur quickly

Sequence for Recommendations

- Correct for Hip height imbalance
- Breathing and awareness exercises
- Joint freeing series: for strength isolation, flexibility isolation
- Therapeutic asanas/movements: modified as needed
- Meditation practices/stress management
 - Mudras, chants, etc.
- Affirmations
- Next Step Goals