

YogaFit Basics for Injury Prevention and Recovery



Who doesn't want to be injury free? The truth is, we can't prevent all injuries, however we can certainly limit our risk. More importantly, we can improve our body's functionality, which in turn will lower our risk. In this workshop we not only acknowledge ways to reduce injury in a yoga class but also establish how yoga practice (poses, breath and mind-body awareness) transfers over to other activity also preventing injuries.

Injury Prevention:

If foundational movement patterns are underdeveloped, performance goes down and injury risk goes up. Optimal movement patterns will help preserve our body and tissues in order to reduce chances of getting injured. Yoga assists us in avoiding or correcting common dysfunctions. Key components to foundational movement patterns; mobility, strength, stability (joints and body), total body development, adaptability.

Yoga for Mobility – yoga facilitates full range of motion in postures with mind-body awareness not to force movements but build upon other movements to get “there” gradually and safely. It is based on movements targeting more than muscles but also fascia (Thomas Myers Anatomy Trains).

Yoga for Strength – Holding postures and transitioning from one to the other requires muscle strength and engages muscles concentrically, eccentrically and isometrically in the lower and upper body. Slower movement facilitates more awareness to our inhibited or weaker areas and allows time to hold postures and over time increase strength.

Yoga for Stability (balance) – Yoga is inherently a practice of stability and balance. YogaFit's SPA Principle of “Base and Dynamic Tension” teaches us how to engage the whole body for balance and stability. We also focus on “**Core stability**” (Pillar) for stability in all poses.

Yoga for Stability (joints) – “Base and Dynamic Tension” also teaches us about a deeper sense of stability that is required in the joints. If our joints are loose and floppy, sometimes hypermobile, we have less control and are wide open to injury.

Yoga for Total Body Development – Repetitive activity will often produce imbalances in the body including: upper/lower body (soccer), left/right symmetry (golf) and front/back muscle development (cycling). Yoga incorporates an array of poses for the upper and lower body. With the right mix of poses we can work to offset these imbalances that develop helping to correct **posture** and dysfunctions.

Yoga for Adaptability – Adaptability is required when loading or stressing the body; muscular/skeletal system, cardiovascular system and nervous system. Yoga improves our aerobic capacity (cardio), reduces stress (nervous system), restores body balance and improves strength and posture (muscular/skeletal).

Injury Recovery:

Recovery is a process that the body requires to return to health and/or its normal state. During this important phase it is **primary to seek medical care**. Along-side rehabilitation, yoga can facilitate a healthy recovery. This can range from a modified physical practice to meditation/yoga nidra, affirmations, and pranayama (controlled breath), depending on the injury.

Modified Practice – any physical yoga practice should not interfere with professional care and must remain pain-free.

Meditation or Yoga Nidra (guided meditation) – mediation increases the immune response and stimulates the body to heal.

Affirmations – A positive state of being will noticeably increase our ability to heal

Pranayama – regulates body functions, facilitates and improves efficiency of cellular exchange, trains the parasympathetic nervous system (rest and digest), reduces stress, Ujjayi breath improves heart rate variability (HRV) up to 70%.

References:

YogaFit Injury Prevention and Recovery

Dr. Dean Smith; MCPA, FCAMT, CGIMS; Physiotherapist, West4th Physio, Vancouver

Dr. Clyde Smith; Sport Physiotherapist; Founder, Allan McGavin Sports Medicine Center (UBC)

Kelley Starrett; Physical Therapist, USA; Creator of MobilityWOD.com; Author "Becoming A Supple Leopard" 2013.

Class Sequence:



Mountain 1

Supine warm up
Hip Rotations
Windshield Wipers (arms option)
Bridge (Bridge with tennis ball)
All-fours – spinal balance – shoulder stability circles
Gate with Cat/Cow
Lunge flows
Chair Flow
Moon/Sun Flow

Valley 1

Sun Salutations with twisting lunges/Modified Sun Salutations with twisting lunges

Mountain 2

Chest Expansion
Warrior 1 Eagle Arms
Warrior 2 hands in front
Reverse Warrior with Cow faced arms
Warrior 2 shoulder rotations
Triangle hugging and rev hugging arms
Warrior 3

Valley 2

Tree
Extended hand to toe
Dancer... flow

Mountain 3 (think prevention)

Down Dog – Inverted Turkish Get-up series
Locust
Bow (1/2 bow)
Resting Crocodile (show option for prone shoulder release with 2 blocks)
Childs with hip circles
Low back release (block)
Turkish twist or seated twist
Bridge with ball or block
Supine Eagle
Restorative Bridge (block)
Knees to chest
Dead Bug
Savasana