



Therapeutic Yoga for Managing Back Pain

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Outline for the day

- Brief intro
- Short practice
- Bio break/get settled
- Get to know each other
- Presentation and Q+A
- Bio break
- Longer practice
- Questions and closing



About Me

- Educational background
 - BA in Psychology, MS in Rec. Therapy
- Yoga training
 - Foundations for Yoga Teaching and Yoga Therapy (AVI)
 - Ayurvedic Health Counselor (JB)
- Amble Wellbeing
 - Working with folks 1:1
- Personal Relevance
 - Hx of SI joint issues and chronic upper back discomfort
 - Yoga + Ayurveda are integral parts of my health



Staying in my Lane

- I am not a physical therapist
- I am not a doctor
- All information will be coming directly from my training in yoga, yoga therapy, and ayurveda
- I cannot diagnose anything, but am happy to offer my thoughts and support through my scope of practice



What brings you here?

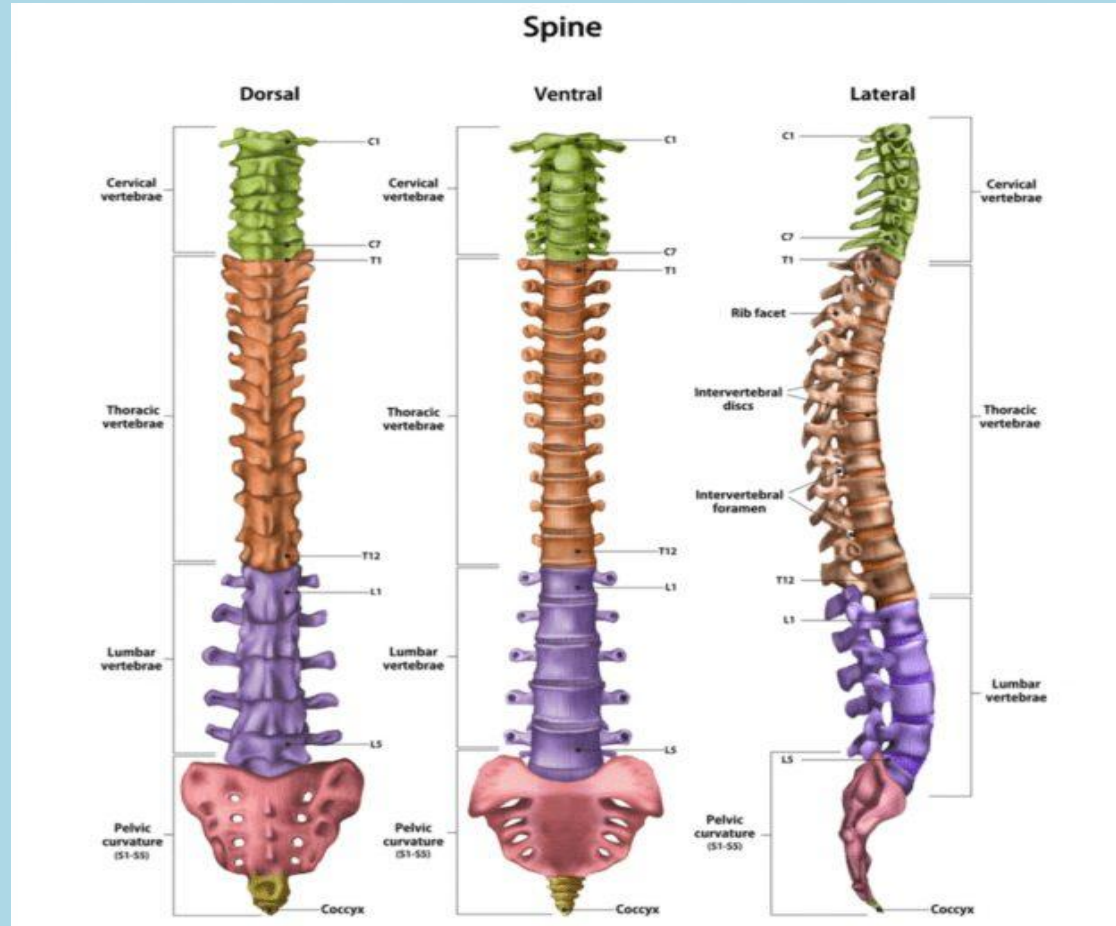


Why Does Back Pain Matter?

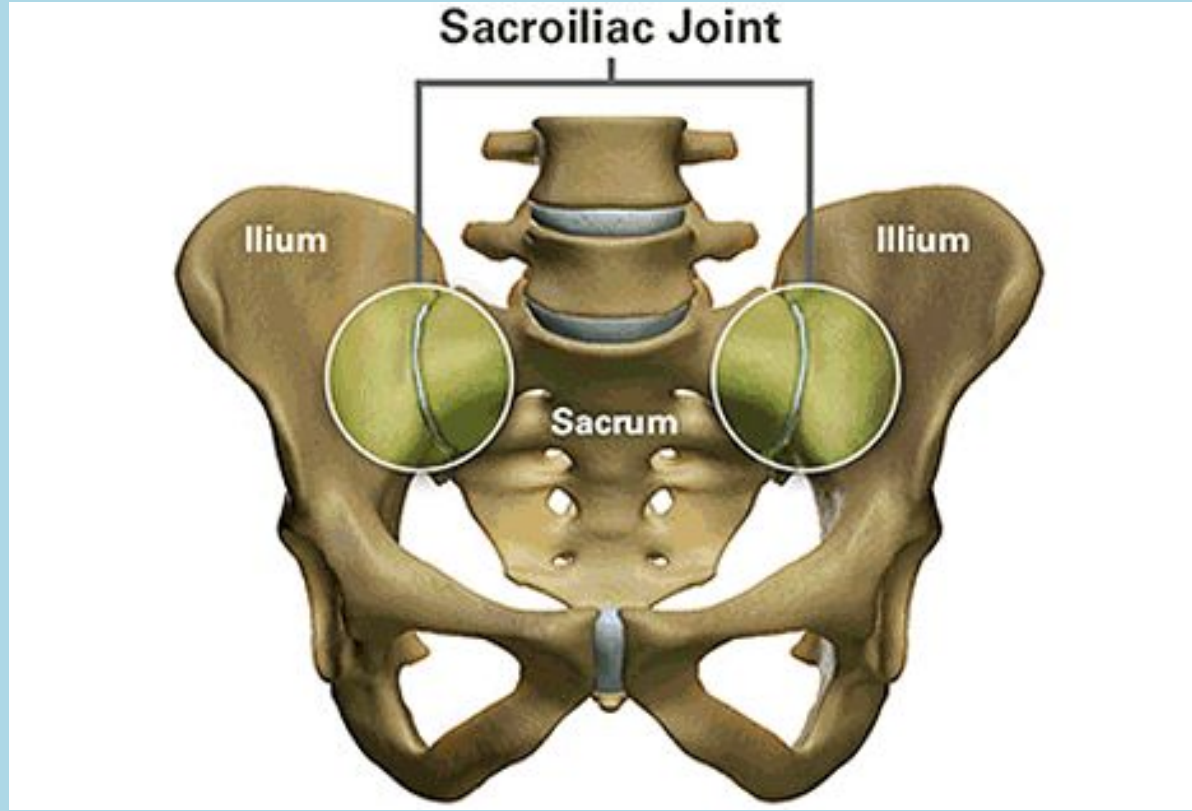
- What is the goal of yoga?
- If we are constantly distracted by physical pain, how can we focus on other parts of ourselves?
- In yoga (and ayurveda), we view that the body and mind are not separate from each other
- When there are symptoms in either the body or mind, there is likely imbalance in the other as well
- Likes increase and opposites balance



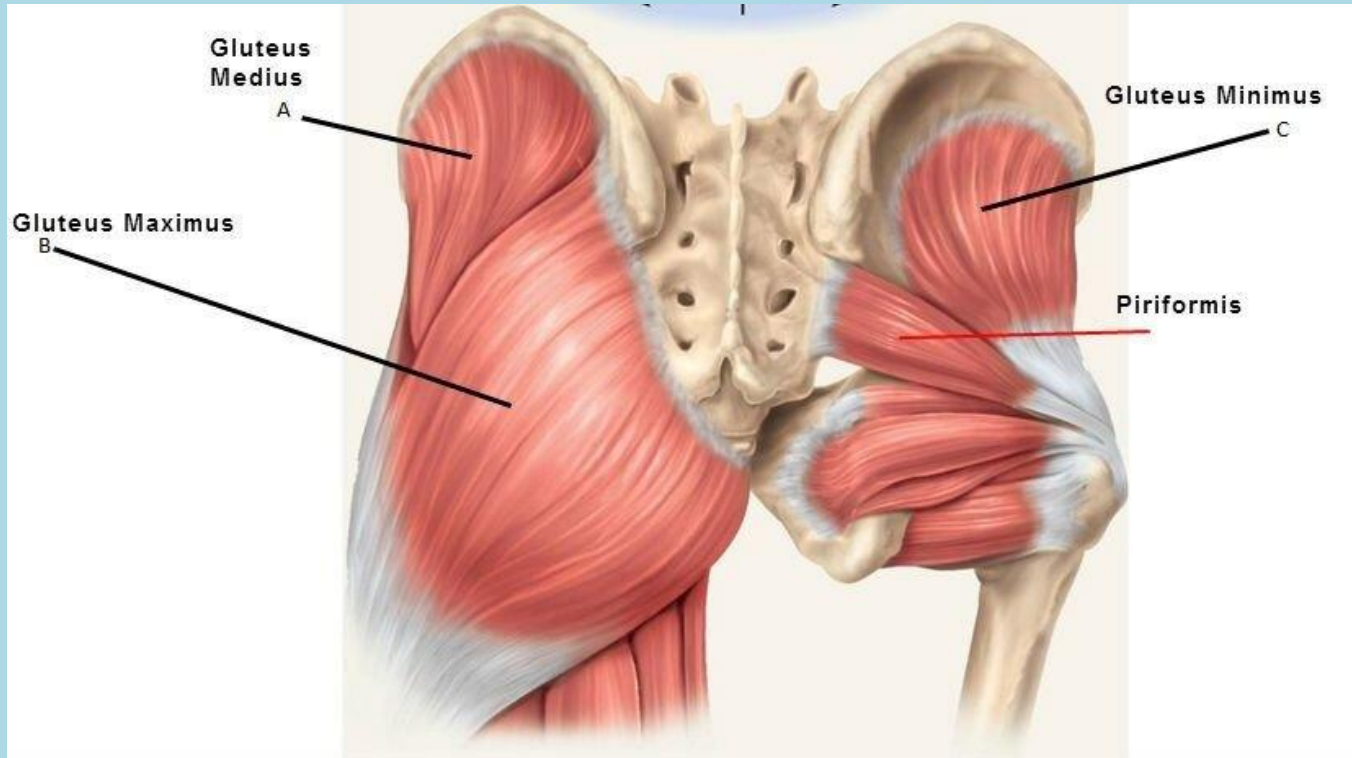
Anatomy of the Spine



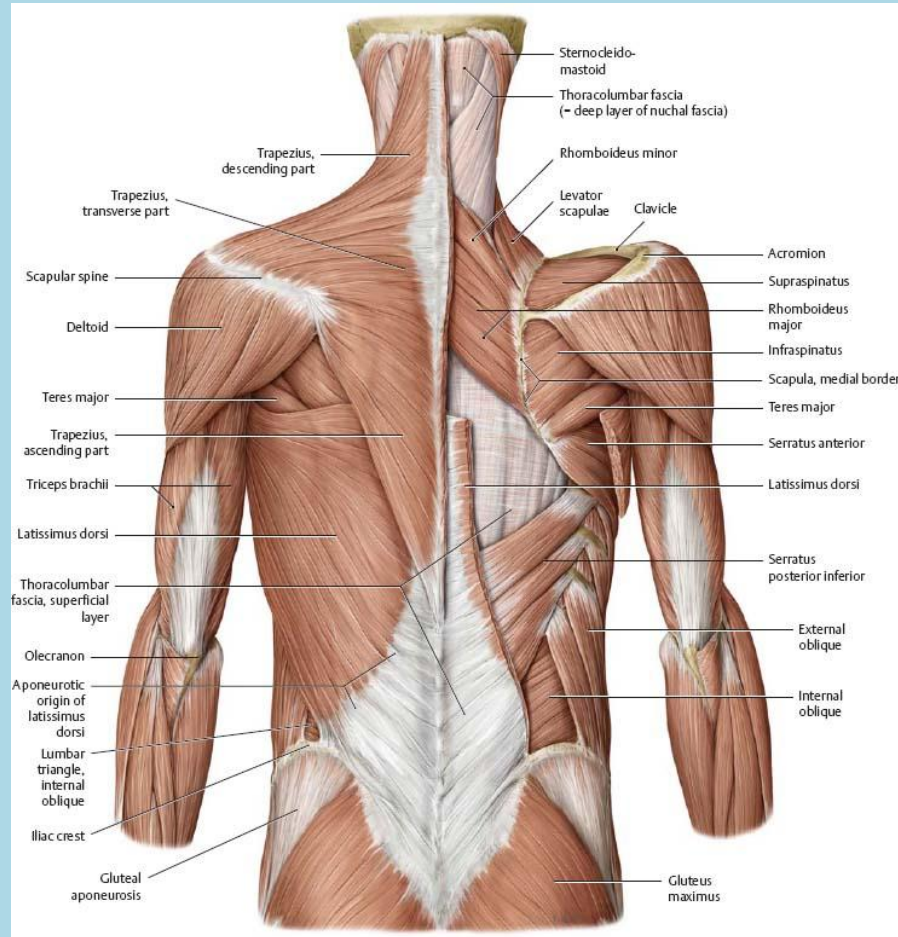
Anatomy of the SI Joint



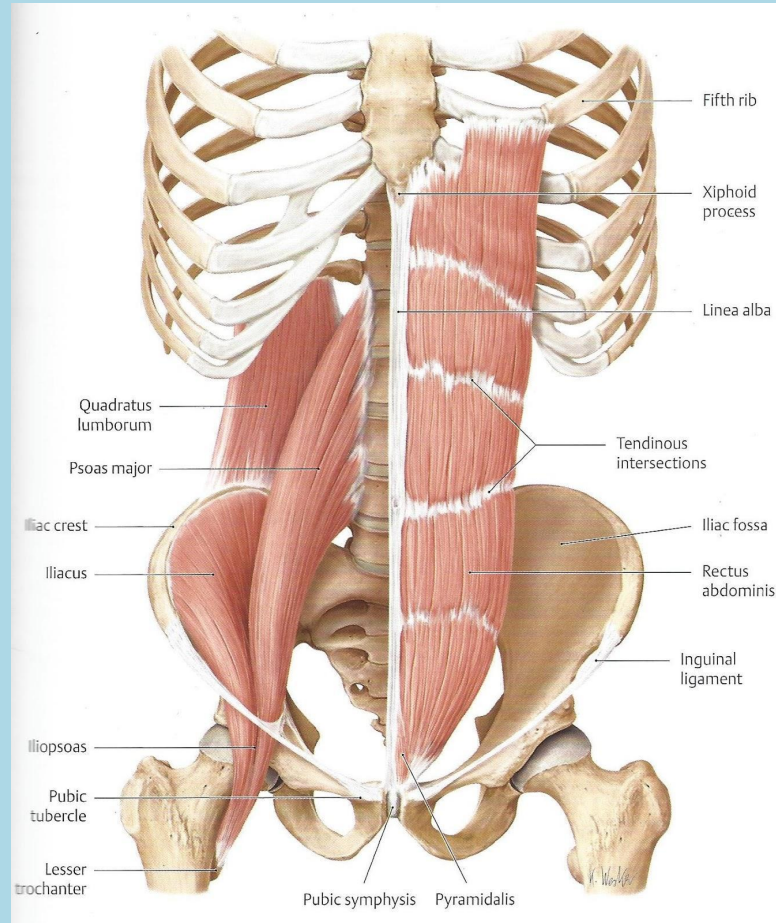
Anatomy of the SI Joint



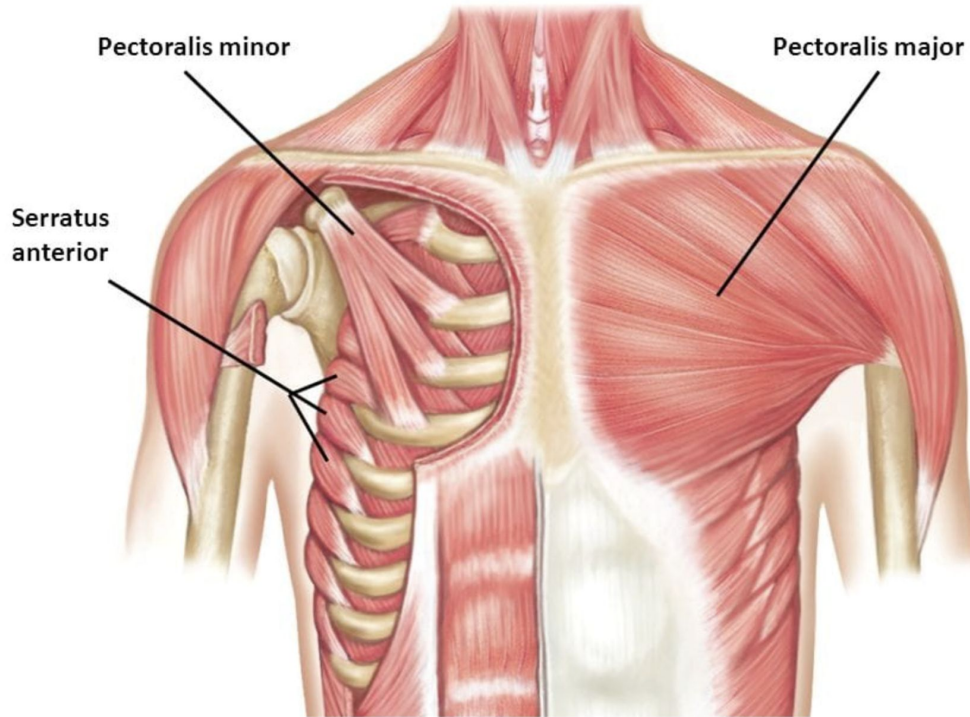
Muscles of Back



Muscles Related to the Back



Muscles Related to the Back

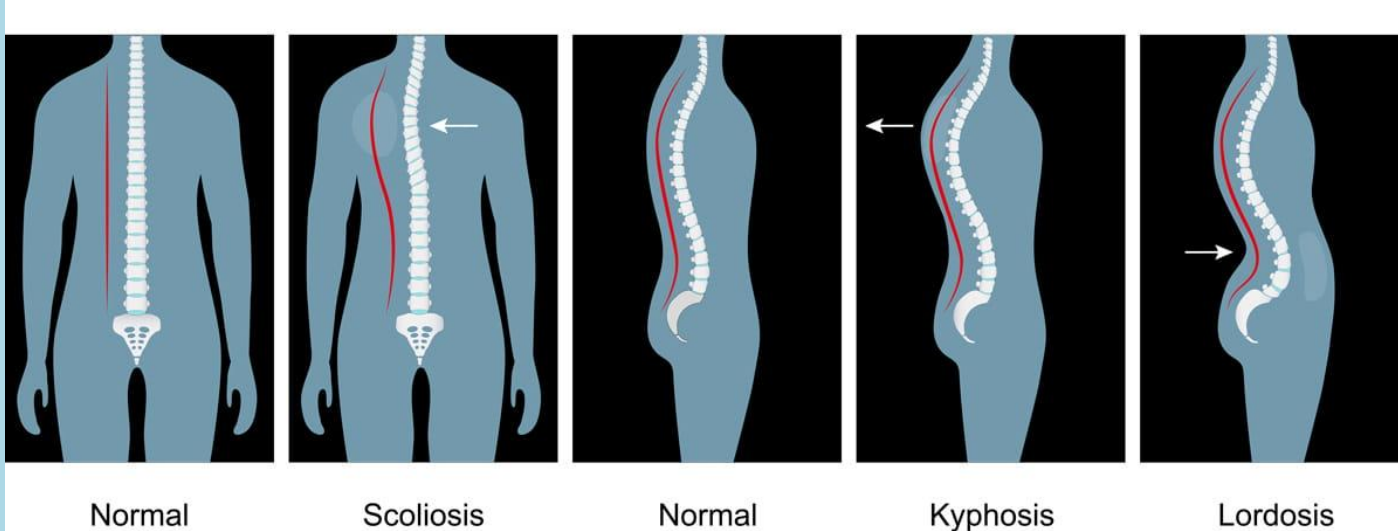


Common Issues

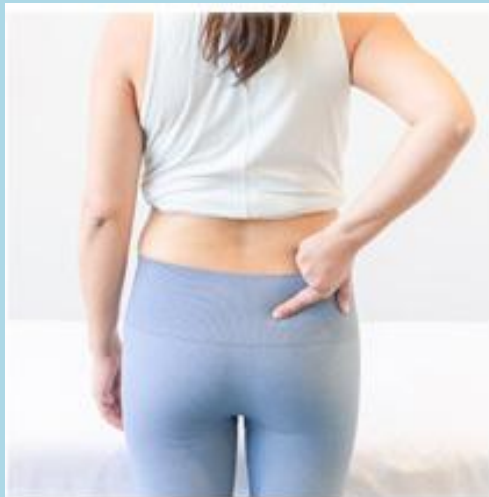
- Scoliosis (lateral curvature of the spine)
- Lordosis (excessive curve in the low back or neck)
- Kyphosis (excessive curve in the upper back)
- SI Joint Dysfunction/Pain



Common Issues



Common Issues



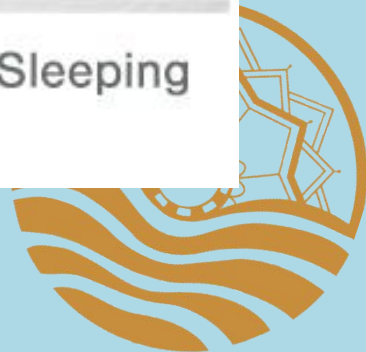
**Pain in Specific
Location**



Sitting



Difficulty Sleeping



Common Causes

- Scoliosis often genetic but could be caused by asymmetrical muscle tension/weakness
- Lordosis could be caused by various muscle groups (iliopsoas being short, lower abdominal muscles being weak, etc.)
- Kyphosis could be caused by various muscle groups (pectoral muscles being short, musculature of the mid and upper back being weak, etc.)
- Interestingly, what presents as lordosis might actually be caused by kyphosis and vice versa (more on this later)



Common Causes

- SI Joint Dysfunction/Pain can be caused by too much movement or laxity in the joint
- Asymmetrical weakness/shortness in surrounding muscles
- Shortened or weak piriformis
- Weakness in external hip rotators



Let's Evaluate the Curves of Your Spine

- Lie on floor with knees bent—what do you notice?
 - What happens when you extend your legs?
- Stand at wall with your pelvis and ribcage on the wall—what do you notice?
 - What happens if you try to lift your head? Arms?



How Can A Yoga Practice Make It WORSE?

- Improper postures
 - Twists or lateral bends for SI joint issues
 - Excessive forward bending for low back issues
 - Same causes imbalance; opposites balance
- Improper sequencing
 - Certain postures in one order can be helpful while another order can cause damage
 - Too much asymmetry without coming to neutral
- Fast paced momentum based movement



How Can A Yoga Practice Help?

- Increasing proprioception (body's ability to sense movement, action, and location)
- Increasing interoception (ability to make sense of sensations happening inside)
- Strengthening surrounding musculature
 - Strength is how much force your muscles can produce against a load. It is about creating movement
- Stabilizing joints
 - Stability is the ability to resist movement
- Stretching shortened musculature



REMEMBER

- There is no one size fits all approach!
- Conditions of back pain are as variable as the people who have them!
- Therapeutic Yoga practice is ideally adapted to the uniqueness of the individual
- However, there are some general rules we can apply such as moving slowly, finding more symmetry, and focusing on increasing strength and stability



Let's Debunk!



Let's Debunk!

12 *Yoga Poses* **TO REDUCE BACK PAIN**

HOW TO START WITH THE CHILD'S POSE FLOW THROUGH ALL 12 POSES

1. CHILD'S POSE
2. CAT & COW POSE
3. DOWNWARD DOG
4. CRESCENT LUNGE ON ONE KNEE
5. WARRIOR 1
6. TRIANGLE POSE
7. REVOLVED TRIANGLE POSE
8. LOCUST POSE
9. ONE LEG FORWARD FOLD
10. KNEES TO CHEST
11. TWIST
12. CORPSE POSE

GET HEALTHY



Let's Debunk!




Let's Debunk!



THE REMOTE *yogi*

YOGA CLASS TO SOOTH AND RELIEF BACK PAIN



Easy Seat Hands Over Head Seated Twist Cat Pose* Cow Pose*

Child's pose Mountain Pose Side Stretch** Wide-Leg Fold

@THEREMOTEYOGI

Lunge Pose Lizard Pose Half Fold Forward Fold Staff Pose

Seated Twist Half-Head-to-knee Head-to-Knee Knees to Chest

THE REMOTE *yogi* ALL YOGA PDFS DOWNLOADABLE FOR FREE AT THEREMOTEYOGI.BLOG



5 Strengthening Exercises for SI JOINT PAIN RELIEF

HIP ABDUCTION



- Lie on the back with a resistance band just above the knees, then bend the knees slightly.
- Keeping the back slightly arched, gently push the knees apart to strengthen the outer thigh and buttock.
- Hold for 5 seconds, and repeat this exercise 10 times.

- Lie down on the back with both knees bent and place a medium rubber exercise ball between the knees.
- Keeping the back slightly arched, squeeze the ball with both knees for 5 seconds.
- Repeat 10 times.

HIP ADDUCTION



- Lie on the back with the knees bent and the palms flat on the floor.
- Keeping the palms on the floor, lift the hips into the air and hold for 5 seconds.
- Repeat this stretch between 8 and 10 times.

BRIDGE



- With the feet a little more than shoulder-width apart, point the right foot outward.
- Extend both arms straight to the sides.
- Bend to the side so the right hand touches the right shin, and the left arm is over the head.
- Hold this stretch for 10 to 20 seconds.
- Repeat on the left side.

TRIANGLE POSE



- Start on the hands and knees, keeping shoulders square and the face toward the floor.
- Lift one leg and the opposite arm straight into the air and hold for 5 seconds.
- Keep the back and pelvis level.
- Repeat this stretch between 3 and 5 times on each side.

BIRD DOG POSE



VERITAS health

spine-health.com/info/exercises-si-joint

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Lower back pain?

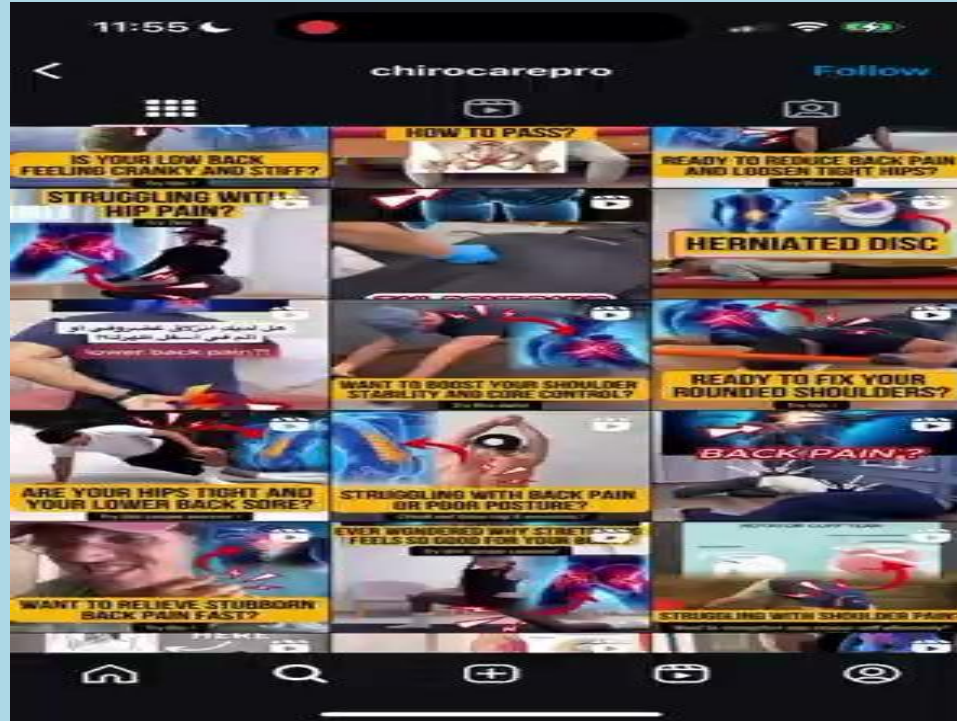
1/7



64 likes



Let's Debunk!





Appendix Figure. Yoga postures.

Yoga Postures



#1 Cobra Posture



#2 Knee to Chest Posture



#3 Wheel Posture



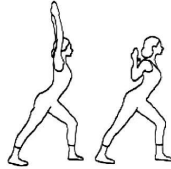
#4 Bridge Posture



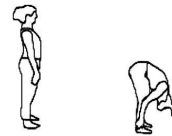
#5 Supine Butterfly



#6 Extended Leg Posture



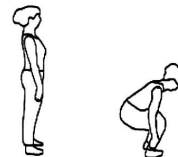
#7 Warrior Posture



#8 Standing Forward Bend



#9 Kneeling Forward Bend



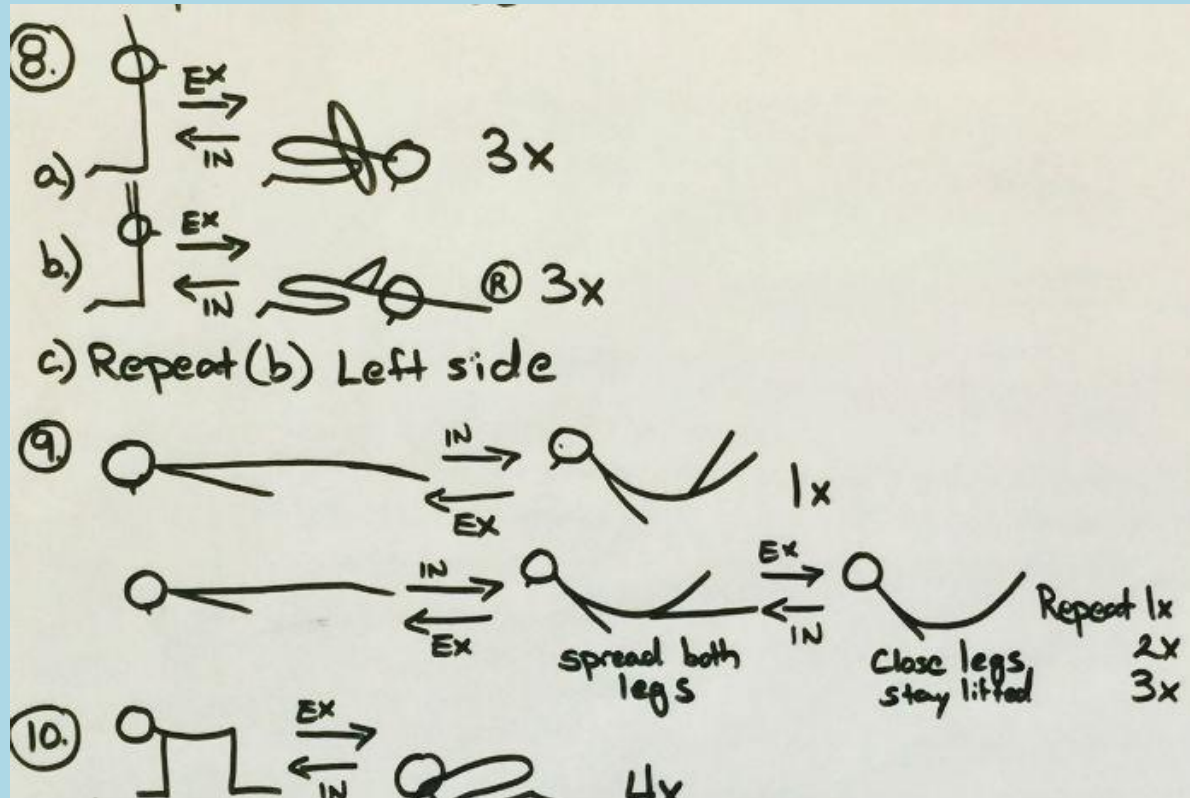
#10 Chair Posture



Let's Debunk!



Let's Debunk!



What should you actually do?



Questions?



Resources

- Digital Courses
 - [Viniyoga Therapy for Low Back, Sacrum, and Hips](#)
- Books
 - [Yoga for Wellness by Gary Kraftsow](#)
- Articles
 - [Proprioception and Interoception](#)



Ways to work with me:

- For folks interested in exploring a personalized practice, book a free 15-minute consult with me!
- For yoga teachers looking for additional support, check out my mentorship program!



Yoga Teacher Mentorship Program

For teachers who are looking for:

- Additional and ongoing training after a 200 or 300 hour training program
- Resources to teach from a more therapeutically oriented approach
- Education on adaptation of postures, safe and effective sequencing, understanding breathwork, and more
- Individualized support for your personal practice and implementation of new techniques
- A space to connect with a community of like minded teachers



My Contact Information

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QR code for consults



QR code for mentorship

