

SHSS5063 Rehabilitation

Yoga and Pilates

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives

Yoga

- Origin unknown
 - 5,000-10,000 years ago
 - Legend
- Sanskrit word
- 'To Yoke'
- Union
 - Mind, body, soul
- 3 paths
 - Bhakti Yoga
 - Path of the heart
 - Love and devotion
 - Faithfully and devotedly loving all beings
 - Jnana Yoga
 - Intellect
 - Knowledge and wisdom
 - Study yourself through self-contemplation and meditation
 - Karma Yoga
 - Work
 - Selfless service and action
 - Devote yourself to your Dharma – your ultimate purpose in the world, and fulfil it

Types of Yoga

- Vinyasa
 - Flow
 - Slow, dynamic, breath in rhythmic flow, meditative
- Hatha
 - Poses (asana), breathing exercises (pranayama) and meditation
 - May include ashtanga or bikram yoga variations
- Ashtanga
 - 6 series of specific poses
 - Moves at pace of your breath and your personal edge
- Yin
 - Poses held for prolonged periods
 - 1min – 5min+
 - Martial arts based,
 - Used in recovery – prolonged stretch

Mountain pose

- **A.** Stand tall with feet together, shoulders relaxed, weight evenly distributed through your soles, arms at sides.
- **B.** Take a deep breath and raise your hands overhead, palms facing each other with arms straight. Reach up toward the sky with your fingertips.



Standing forward bend

- From standing, exhale and bend forward from the hip
- Take palms to the floor
- Inhale and come up slightly
- Exhale and sink back to the floor

Modification:

- Standing half forward bend
 - Come up to rest your hands on your shin
- Wide-legged forward bend
 - Feet wider than shoulder width
 - Hands to shin, floor, or behind back to overhead



Downward Dog

- **A.** Start on all fours with hands directly under shoulders, knees under hips. Walk hands a few inches forward and spread fingers wide, pressing palms into mat.
- **B.** Curl toes under and slowly press hips toward ceiling, bringing your body into an inverted V, pressing shoulders away from ears. Feet should be hip-width apart, knees slightly bent.



Warrior I

- Start in mountain position
- Take one leg back and turn it out
- Front knee should flex
- Place palms together and extend arms above head
- Look up at palms



Warrior II

- **A.** Stand with legs 3 to 4 feet apart, turning right foot out 90 degrees and left foot in slightly. Bring your hands to your hips and relax your shoulders, then extend arms out to the sides, palms down.
- **B.** Bend right knee 90 degrees, keeping knee over ankle; gaze out over right hand



Warrior III

- Start in lunge position
- Raise your arms out in front of you in an extended position
- Lift the back foot and extend the back leg



Tree Pose

- **A.** Stand with arms at sides.
- **B.** Shift weight onto left leg and place sole of right foot inside left thigh, keeping hips facing forward.
- **C.** Once balanced, bring hands in front of you in prayer position, palms together.
- **D.** On an inhalation, extend arms over shoulders, palms separated and facing each other.



Bridge Pose

- **A.** Lie on floor with knees bent and directly over heels. Place arms at sides, palms down.
- **B.** Exhale, then press feet into floor as you lift hips.
- **C.** Clasp hands under lower back and press arms down, lifting hips until thighs are parallel to floor, bringing chest toward chin.



Triangle Pose

- **A.** Stand with feet about 3 feet apart, toes on your right foot turned out to 90 degrees, left foot to 45 degrees.
- **B.** Extend arms out to sides, then bend over your right leg.
- **C.** Allow your right hand to touch the floor or rest on your right leg below or above the knee, and extend the fingertips of your left hand toward the ceiling. Turn your gaze toward the ceiling.



Seated twist

- **A.** Sit on the floor with your legs extended.
- **B.** Cross right foot over outside of left thigh; bend left knee. Keep right knee pointed toward ceiling. Place left elbow to the outside of right knee and right hand on the floor behind you.
- **C.** Twist right as far as you can, moving from your abdomen; keep both sides of your butt on the floor.



Happy baby pose

- Lie on your back
- Exhale and bend your knees to your belly
- Inhale and grip the outside of your feet with your hands
- Open your knees slightly wider and bring them towards your armpits



Cobra

- **A.** Lie facedown on the floor with thumbs directly under shoulders, legs extended with the tops of your feet on the floor.
- **B.** Tighten your pelvic floor, and tuck hips downward as you squeeze your glutes. Press shoulders down and away from ears.
- **C.** Push through your thumbs and index fingers as you raise your chest toward the wall in front of you.



Pigeon pose

- **A.** Begin in a full push-up position, palms aligned under shoulders. Place left knee on the floor near shoulder with left heel by right hip.
- **B.** Lower down to forearms and bring right leg down with the top of the foot on the floor (not shown).
- **C.** Keep chest lifted to the wall in front of you, gazing down. If you're more flexible, bring chest down to floor and extend arms in front of you.
- **D.** Pull navel in toward spine and tighten your pelvic-floor muscles; contract right side of glutes. Curl right toes under while pressing ball of foot into the floor, pushing through your heel.
- **E.** Bend knee to floor and release.



Crow pose

- **A.** Start in downward dog position (palms pressed into mat, feet hip-width apart) and walk feet forward until knees touch your arms.
- **B.** Bend your elbows, lift heels off floor, and rest knees against the outside of your upper arms. Keep toes on floor, abs engaged and legs pressed against arms.



Chair pose

- From standing, inhale and raise your arms straight above your head
- Exhale and come in to a squat position
- Squeeze your thighs together



Eagle Pose

- From standing, lift left leg off the floor, cross it over the right leg and place the left foot behind the right calf
- Balance on the right foot
- Stretch the arms out in front
- Place the right arm over the left arm
- Bend the elbows
- Put the palms of your hands facing each other
- Raise your elbows up



Childs pose

- **A.** Sit up comfortably on your heels.
- **B.** Roll your torso forward, bringing your forehead to rest on the bed in front of you.
- **C.** Lower your chest as close to your knees as you comfortably can, extending your arms in front of you.



Pilates

- Developed by Joseph Pilates in the 20th century
- 'Contrology'
- Art of controlled movement
- Uses equipment/ apparatus
 - Cadillac
 - Wunda chair
 - Reformer
- Building
 - Flexibility
 - Strength
 - Control
 - Endurance
- Emphasis
 - Alignment
 - Breathing
 - Strong core
 - Co-ordination
 - Balance

Pilates concepts

- Breathing:
 - Breath out with effort and in on the return
 - Focus on lateral expansion of lower rib cage
- Centering
 - Core
 - Abdomen, lower and upper back, hips, buttocks and inner thighs
 - Movement start in core and moves outwards to limbs
- Concentration
- Control
- Flow
- Postural alignment
- Precision
- Relaxation
- Stamina

Ab Scoop

- Roll up from your chin to each segment of your spine
- Come as close to a sit up as you can
- Return to start



The Hundred

- Move your chin to your chest but do not let it rest on your chest
- Move your arms up and down for 100 beats
- Breathe using your lateral rib expansion and breathing through your back



The Roll Up

- Slow and controlled sit up from supine extension
- Do not swing your arms to build momentum
- Do not let your legs lift off the mat



One leg circle

- Take leg up to 90o flexion in full knee extension
- Take the leg in to abduction, circle around back to the start position
- Keep the hips still and in contact with the floor
- Exhale as you circle
- Inhale at the top
- Clockwise and counterclockwise



Rolling like a ball

- Feet on ground
- Hands on shin
- Flexion of the spine, chin down
- Use core to keep spine flexed



Open leg balance

- Seated, soles of feet together with knees dropped out
- Hold on to ankles
- Drawn belly in to spine
- Extend legs and arms
- Lift chin and ribs



Side kick series

- Side lying series
- Side Kick Front to Back
 - Lift top leg to height of hip
 - Let top leg sit longer
 - DF in to flexion
 - PF in to extension
- Side Kick Up Down
 - Exhale to abduct, inhale to lower
- Side leg lifts
 - Legs together, inner thigh squeezed and abs drawn in
 - Exhale on lift, inhale on lower
- Inner thigh lifts
 - Upper leg on floor in front of body
 - Exhale on lift, inhale on lower



Front plank

- Hands under shoulders
- Abs drawn in and up
- One at a time straighten legs
- Lift and lengthen through crown



Saw

- Sit tall with legs straight on floor in abduction
- Exhale, twist and reach arm to opposite foot
- Inhale return



Mermaid

- Seated with one leg to the front and one to the side
- Place one hand on the floor
- Exhale and reach over, stretching the side
- Inhale return



Swan

- Lying in prone
- Hands under shoulders
- Elbows in to side
- Exhale to extension
- Lift chest and head – lengthen
- Inhale to return



Wall roll down

- In standing
- Bring chin to chest
- Flex from every spinal segment individually
- Flex from hip
- Touch the floor
- Reverse the process to stand



Difference between Yoga and Pilates

- 5000+ years old
- Spiritual
- Mind, body, spirit union
- Mat based
- Breathing focused
- Last century
- Physical
- Core strengthening:
 - Reducing physical pain and aiding rehabilitation
- Machine weights
- Resistance focused

They both incorporate:

- Balance
- Flexibility
- Breathing
- Lengthening
- Posture
- Stress relief