

Physiotherapy and Yoga

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Abstract

As physiotherapy finds its grounds in customized approach towards patient goals and physical impairment, it is pertinent to focus on biomechanical chains and anatomical trains. Yoga finds its niche in encompassing both these elements with gradual stretching and eccentric loading of muscles while stabilizing the joints. Meditation induces relaxation which in turn helps stabilize autonomic nervous system by which it up-regulates the parasympathetic nervous system.

Yoga, coupled with diaphragmatic breathing is known to have a positive effect on stress and anxiety management, blood circulation, oxygenation, increase immunity and promote hormonal balance to name a few. It brings about global functional movement crossing lines from physical function movements to mindfulness while performing everyday activities. This helps our physiotherapy clientele to indulge in multiplanar movements of sports requiring strength and agility thus integrating neuromuscular coordination. This topic will bring forth a unique dimension to not only treat a localized diagnosis but also establish movement memory, using the concept of neuroplasticity, to prevent injuries of other compromised elements along the anatomical trains.

Using yoga in Physical Therapy is an amalgamation of Western science with Eastern wisdom. Yoga is not only proven its efficacy for musculoskeletal and neuromuscular conditions but also for systemic diagnoses such conditions as multiple sclerosis, insomnia, cancer, heart disease, and even tuberculosis.

Biography

Rina Pandya is an experienced physical therapist with her career spanning over 20 years, through the UK, the USA and the Middle East. She has worked in NHS (National Health Service), American health care providing physical therapy services in acute care, in-patient rehab, skilled nursing facility, and home healthcare and outpatient clinics. In addition to being a clinician she has developed specialty programs based on evidence-based practice in her role as a project manager. She has also managed a Physical Therapy department as Department Head in premier private hospital in Oman.



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