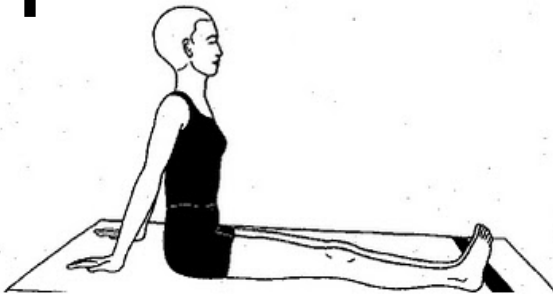


Yoga in the Pain Clinic

—using Yoga to manage stress and pain—

Feet/ankle series (poses 1 to 5): These yoga poses help move lymph fluid and blood. They relieve tiredness and cramping. They strengthen the muscles and ligaments in the feet, ankles, and legs.

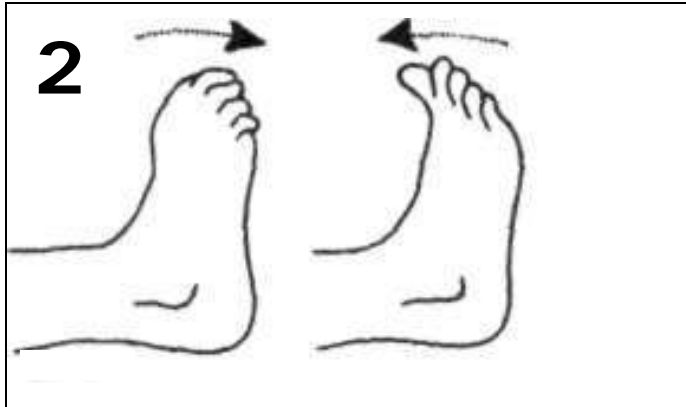
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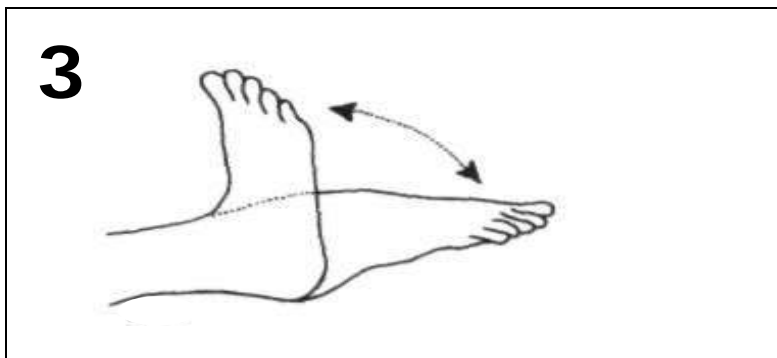


Base Position (Parambhik Schiti)

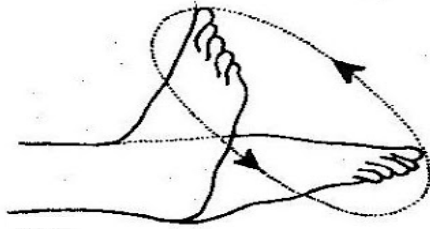
Be careful if you have a wrist or back injury. Can be done while sitting in a chair.

1. Sit with legs stretched in front of the body.
 2. Hands are on floor, slightly behind buttocks, with a slight backward incline of the body.
 3. Back, neck and head are straight. Straighten elbows. Legs are slightly apart.
 4. Close eyes and relax the whole body in this position.
-

<p>2</p> 	<p>Toe Bends (Padanguli Naman)</p> <p>Sit in base position. Keep feet upright, ankles relaxed and still.</p> <p>Awareness: On toes.</p>
<ol style="list-style-type: none">1. Slowly bend toes of both feet forward, then slowly bend backward.2. Repeat with a slow rhythm 10 times. Hold each position for a few seconds.3. Inhale as the toes move backward. Exhale as the toes move forward.4. Be aware of breath, counting mentally and of the stretching sensation produced by the movement.	

<p>3</p> 	<p>Ankle Bends (Goolf Naman)</p> <p>Sit in the base position.</p> <p>Awareness: On ankles.</p>
<ol style="list-style-type: none">1. Slowly move both feet back and forth, bending at the ankle joints. Try to stretch the feet forward to touch the floor and draw back towards the knees.2. Hold each position for a few seconds. Repeat with a slow rhythm, 10 times.3. Inhale as the feet move forward. Exhale as the feet move backward.4. Be aware of breath, counting mentally and of the stretch in the foot, ankle, calf and leg muscles or joints.	

4



Ankle Rotation
(Goolf Chakra)

Sit in the base position. Legs and body are relaxed, movement only in ankles.

Awareness: On ankles, breath, mental counting and rotation.

1. Slowly rotate the right foot 10 times, clockwise as wide as possible. Imagine that you are drawing a big circle with a piece of chalk at the end of your big toe. Rotate the other way 10 times.
2. Repeat with other foot.

5



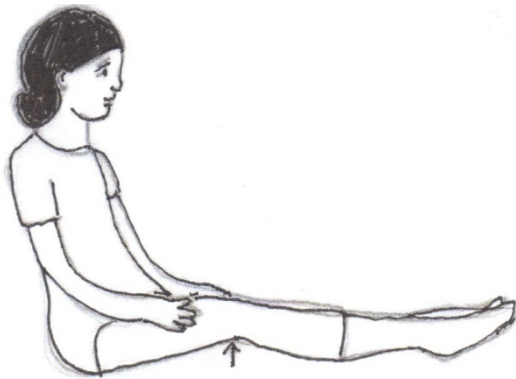
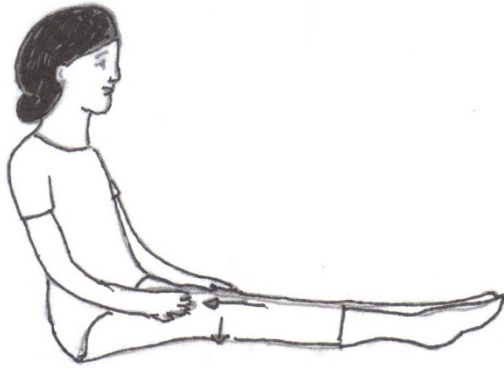
Ankle Crank
(Goolf Ghoorman)

Sit in the base position.

Awareness: On ankles, breath, mental counting and cranking.

1. Bend left knee and place left ankle on right thigh.
2. Left hand rests on left knee. Right hand holds toes of left foot.
3. Place awareness on the left ankle, rotate left foot with right foot one way 10 times, then rotate the other way 10 times.
4. Inhale on the upward movement. Exhale on the lower movement.
5. Return to base position. Repeat with the other foot.

6



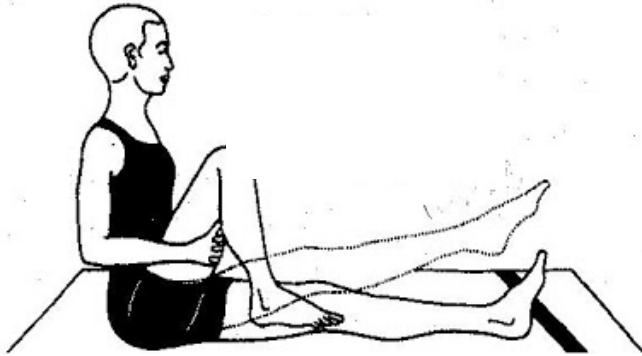
Knee-cap Contraction
(Janufalak Akarshan)

Sit in the base position.

Awareness: Knee cap, breath and mental counting.

1. Contract the muscles around the right knee and draw the knee-cap back towards the thigh. Hold for 3 to 5 seconds.
2. Release, relax and return knee-cap to normal position. Practice this 5 times.
3. Repeat with the left knee cap, 5 times.
4. Then do both knees together 5 times.

7



Knee Bends
(Janu Naman)

Benefits: Stretches hamstrings and back muscles. Arms and chest muscles are also involved.

Sit in the base position.

Awareness: At the hip and knee, breath, mental counting, stretch in thigh muscles and doing this pose in one movement.

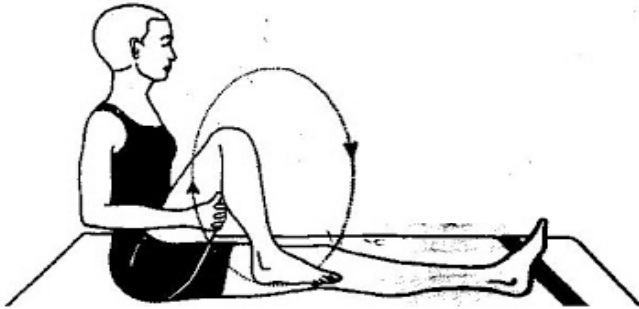
1. Bend the right knee and rest the thigh on the clasped hands.
2. Bend the right knee, as much as possible, bringing the thigh up close to the chest, and the right heel close to the bum.
3. Straighten the leg but do not allow the leg or foot to touch the ground.
4. Repeat 10 times, return to base position and repeat with the other leg.
5. Inhale while straightening the leg.
6. Exhale while bending the leg.

8

Double Knee Bending
(Dwi Janu Naman)

Same as above, but with both knees.

9



Knee Crank
(Janu Chakra)

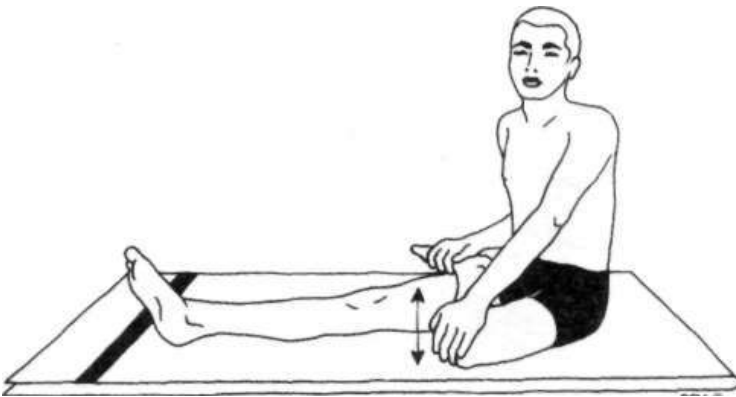
Benefits: “Quads” or thigh muscles, ligaments around knee joint.
Arm muscles, elbow joint and shoulders.

Sit in the base position.

Awareness: In the knee.

1. Bend the right knee, rest the thigh on the clasped hands, and hold the thigh near the trunk.
2. Place awareness in the knee and rotate the lower leg in a circle above the knee 10 times.
3. Rotate the other way 10 times.
4. Return to base position and do the other leg.

10



Half Butterfly
(Ardha Titali Asana)

Benefits: Good practice to loosen up the knee and hip joint.

Sit in base position.

Caution: If you suffer from any hip or spine issues, talk with your doctor.

Awareness: See highlight under each stage.

1. Bend right leg and place right foot as far up on left thigh as much as possible.
2. Place right hand on top of bent right knee. Hold toes of right foot with left hand.
3. This is the starting position.

Stage 1: Breathing in synch with movement

- While breathing in, gently move the right knee up towards the chest.
- Breathing out, gently push the knee down and try to touch the knee to the floor.
- The trunk should not move. Do not force this movement in any way.
- The leg muscles should be passive, the movement being achieved by the exertion of the right arm.
- Slowly practice 10 up and down movements.

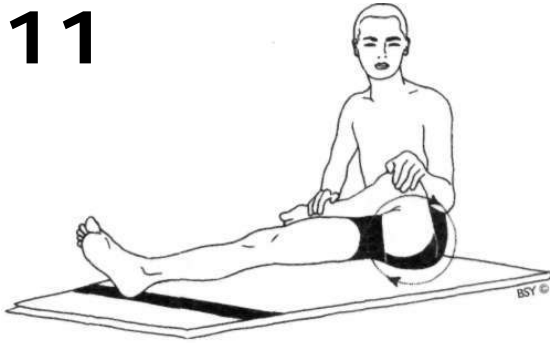
Awareness: On the breath, mental counting, movement of hip joint and relaxation of inner thigh muscles.

Stage 2: Without breathing in synch with movement

- Remain in same position with the right leg on the left thigh.
- Relax the right leg muscles as much as possible.
- Push the right knee down with the right hand and try to touch the knee to the floor. Do not strain. Let the knee spring up by it.
- The movement is achieved by use of the right arm only.
- Practice 30 up and down movements in quick succession.

Awareness: Breathing is normal and unrelated to practice.

11



Hip Rotation
(Shroni Chakra)

Benefits: Hip opener, aids in digestion, and other body systems.

Sit in base position with the right leg on the left thigh.

Awareness: On the breathing, mental counting and rotation of hip.

1. Using the muscles of the right arm, rotate the right knee in a circle. The circle should be as large as possible. Point the index finger out to use as a guide with making the circle.
2. Do 10 one way and then 10 the other way.
3. Straighten the leg slowly and release the knee.
4. Repeat with the left leg.
5. Inhale on the upper movement. Exhale on the downward movement.

12



Full Butterfly
(Poorna Titali Asana)

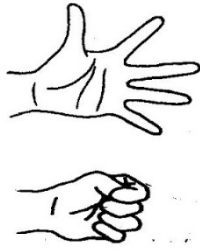
Benefits: SI joint, outer thigh muscles. Shoulder, arm and hand muscles.

Sit in base position.

Awareness: On mental counting, movement and relaxation. Normal breathing unrelated to practice.

1. Bend the knees and bring the soles of the feet together, keeping the heels as close to the body as possible. Fully relax the inner thigh muscles.
2. **Stage 1:** Clasp the feet with both hands. Gently bounce the knees up and down, using the elbows as levers to press the legs down. Try to touch the knees to the ground on the downward stroke. Do not use force. Practice 30 to 50 up and down movements.
3. **Stage 2:** Keep the soles of the feet together. Place the hands on the knees. Using the palms, gently push the knees down towards the floor, allowing them to spring up again. Practice 20 to 30 times. Do not force this movement.
4. Straighten legs and relax.

13



Hand Clenching
(Mushtika Bandhana)

Benefits: Helps develop a firm grip, strengthen the joints in the hands.

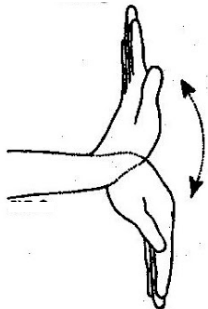
Sit in base position or cross legged pose.

Breathing: Inhale on opening the hands, exhale on closing hands.

Awareness: On the breath, mental counting, stretching sensation and movement.

1. Hold both arms straight in front of the body at shoulder level.
2. Open the hands, palms down, and stretch the fingers as wide apart as possible.
3. Close the fingers to make a tight fist with the thumbs inside. The fingers should be slowly wrapped around thumbs. Again open hands and stretch fingers.
4. Repeat 10 times.

14



Wrist Bends
(Manibandha Naman)

Benefits: The joints in the wrist

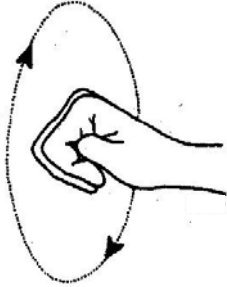
Sit in base position. Stretch the arms in front of the body at shoulder level, keep elbows straight. Keep the palms open and fingers straight throughout this practice. Do not bend the knuckle joints.

Awareness: On the breath, mental counting, movement in the wrist joint and stretching forearm muscles.

Inhale with the backward movement.
Exhale with the forward movement.

1. Stretch the arms in front with palms facing away and fingertips pointing to the ceiling. Awareness is on the wrists while the fingertips are slowly brought down to point on the floor.
2. Then, slowly return them to point towards the ceiling. This is one round.
3. Repeat slowly and with complete awareness of the wrists, 10 times. Make sure there is no tension in the arms and hands. No energy is going out, only the wrists are being bent.
4. Bend the hands backward from the wrists as if pressing the palms against a wall with the fingers pointing toward the ceiling. Bend the hands up again for the next round. Repeat 10 times.

15



Wrist Rotations (Manibandha Chakra)

Benefits: The joints in the wrist and hands.

Sit in base position, but with the right sole flat on the floor, knee up, rest of the forearm on the right knee.

Keep the back straight. This will help keep the arm still in the beginning.

Awareness: at the wrist and hand. Make sure that only the wrist is moving and not the arm turning.

Notice the difference in the 2 hands.

1. Only the fist moves in a complete circle. Slowly rotate one way and then rotate the other way. Do this 10 times.
2. Relax the arm and return the right knee to the floor. Repeat the same with the left side.
3. Then exercise both hands together moving them in the same direction together.

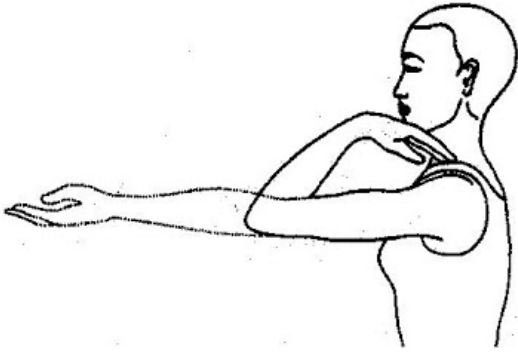
Stage 1: Extend the right arm forward at shoulder level. Make a fist with the right hand, with the thumb inside. The left hand may be used as support if needed. This is the starting position.

- Slowly rotate the fist around the wrist, palm faces down at all times.
- The arms and elbows are straight and still. Make a circle as large as possible. Practice 10 times one way then 10 times the other way.
- Repeat with the left fist.

Stage 2: Extend both arms in front of body with the fists clenched. Keep arms straight and at shoulder level. Rotate the fists together in the same direction. Practice 10 times in each direction.

Stage 3: Practice as in stage 2. Rotate the fists together in the opposite direction. Practice 10 times with each direction.

16



Elbow Bending
(Kehuni Naman)

Benefits: The muscles/joints in the arms and elbows

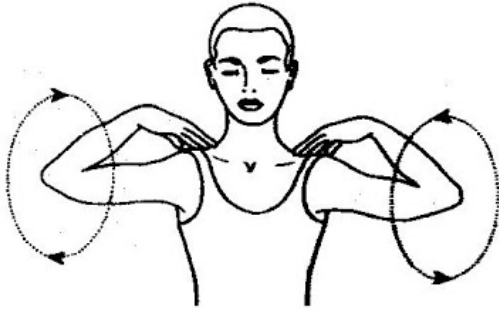
Sit in base position or cross legged pose, raise arms and stretch them out in front with the palms upward.

Awareness: At the elbows, no tension in the arms or hands, on the breath, mental counting and movement.

Keep back, neck and shoulder relaxed throughout practice.

1. Slowly bend the elbows and the palms of the hands to touch the shoulders, keep elbows a chest level.
2. Then, slowly straighten arms again. Repeat 10 times the bring hands back down to the knees to rest arms.
3. After rest, raise arms again, this time to the sides, palms up. Keep awareness at the elbows, slowly bend elbows and bring palms to touch shoulders, then slowly straighten arms to the sides. Repeat 10 times.
4. Inhale while straightening arms. Exhale while bending the arms.

17



Shoulder Socket Rotation (Skandha Chakra)

Benefits: Benefits the muscles and joints of the shoulders, chest and cervical spine.

Sit in base position.

Make sure head, trunk and spine are straight and still.

Awareness: On the breath, mental counting and the stretching sensation around the shoulder joints.

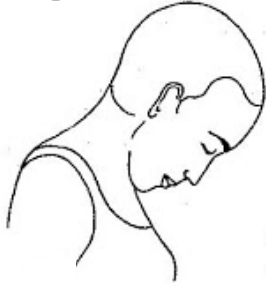
Stage 1: With the fingertips or palms resting on the shoulders, slowly rotate the shoulder sockets, by drawing big circles with the elbows.

1. First with right arm, then left, then both together.
2. Repeat each exercise 10 times one way then 10 times the other way.

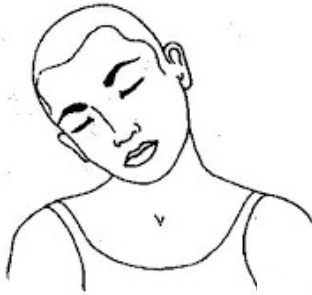
Stage 2: Place the fingers of the left hand on the left shoulder and the fingers of the right hand on the right shoulder. Fully rotate both elbows at the same time in a large circle.

- Try to touch the elbows in front of the chest on the forward movement and touch the ears while moving up.
- Stretch the arms back in the backward movement and touch the sides of the trunk whole coming down.
- Practice 10 times one way, then 10 times the other way.
- Inhale on the upward stroke. Exhale on the downward stroke.

18



Stage 1



Stage 2

Head and Neck Movements (Greeva Sanchalana)

Benefits – The muscles of the neck and shoulders.

Stage 1: Tilting the head.

Stage 2: Left to right.

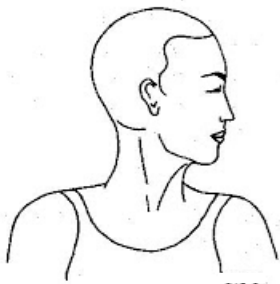
Sit in base position for all 4 stages, bring awareness to the neck.

Stage 1: Slowly exhale and tilt the head forwards, bringing the chin close to the chest.

- Inhale and slowly raise the chin up as high as possible so that the head is touching the shoulders at the back. Do not strain. Repeat slowly and evenly 10 times.

Stage 2: Facing forwards place the palms on the knees and straighten the elbows. This will raise the shoulders.

- Tilt the head to the side so that the right ear touches the right shoulder. Then touch the left shoulder with the left ear.
- Synchronise breath with movement. Repeat 10 times to each side.



Stage 3



Stage 4

Stage 3: Twisting left to right.

Stage 4: Rotating the head.

Stage 3: Starting from the same position, exhale and turn the head to face towards the right so that the chin is over the right shoulder. Inhale as the head is slowly turned back to the centre and on around to the left, so that the chin is over the left shoulder. This is one round.

- Exhale to the right shoulder, inhale to the left shoulder. Repeat 10 rounds.
- Feel the shifting stretch around the neck and the loosening up of the joints and muscles of the back.

Yoga in the Pain Clinic

Stage 4: Facing forward with palms on knees and elbows straight, the shoulders are raised. Chin is brought forward to rest on chest.

- Slowly circle the head around so the left ear comes in contact with the left raised shoulder. Continue on around, chin raised high rolling the head across the shoulders bringing the right ear to the right shoulder. Continue the roll until the chin is resting against the chest. This is one complete circle of the head.
- Do this slowly and with awareness. Be as relaxed as possible. Repeat 5 rotations one way then 5 rotations the other way.
- If dizzy, open eyes. After the practice, keep neck straight and eyes closed. Be aware of sensations in the head and neck.
- Inhale as the head moves up. Exhale as the head moves down.
- **Awareness:** on the breath, mental counting and movement.

A special thank you to Dr. Eleni G. Hapidou, PhD., C. Psych. for providing permission to adapt her book, *Yoga in a Hospital Environment: in a Pain Clinic Environment: Management of Stress and Pain*, for patients at the Michael G. DeGroot Pain Clinic, Hamilton Health Sciences.

Note: All the exercises and poses in the booklet were performed with, commented upon and approved by the physiotherapist in the Chronic Pain Management Unit at the time, Mary Ann O'Brien, Ph.D.

