

Complementary Health Approaches and Chronic Pain



MAKING THE CASE FOR YOGA THERAPY

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Complementary health approaches and chronic pain

Yoga and Yoga Therapy: Not what you might think

Yoga therapy and chronic pain: how it works

Research findings: Yoga and pain conditions

Emerging issues

Complementary Health Approaches



ROLE IN CHRONIC PAIN

Complementary Health Approaches (CAM)



Complementary - non-mainstream, with conventional care

Alternative -in place of conventional care

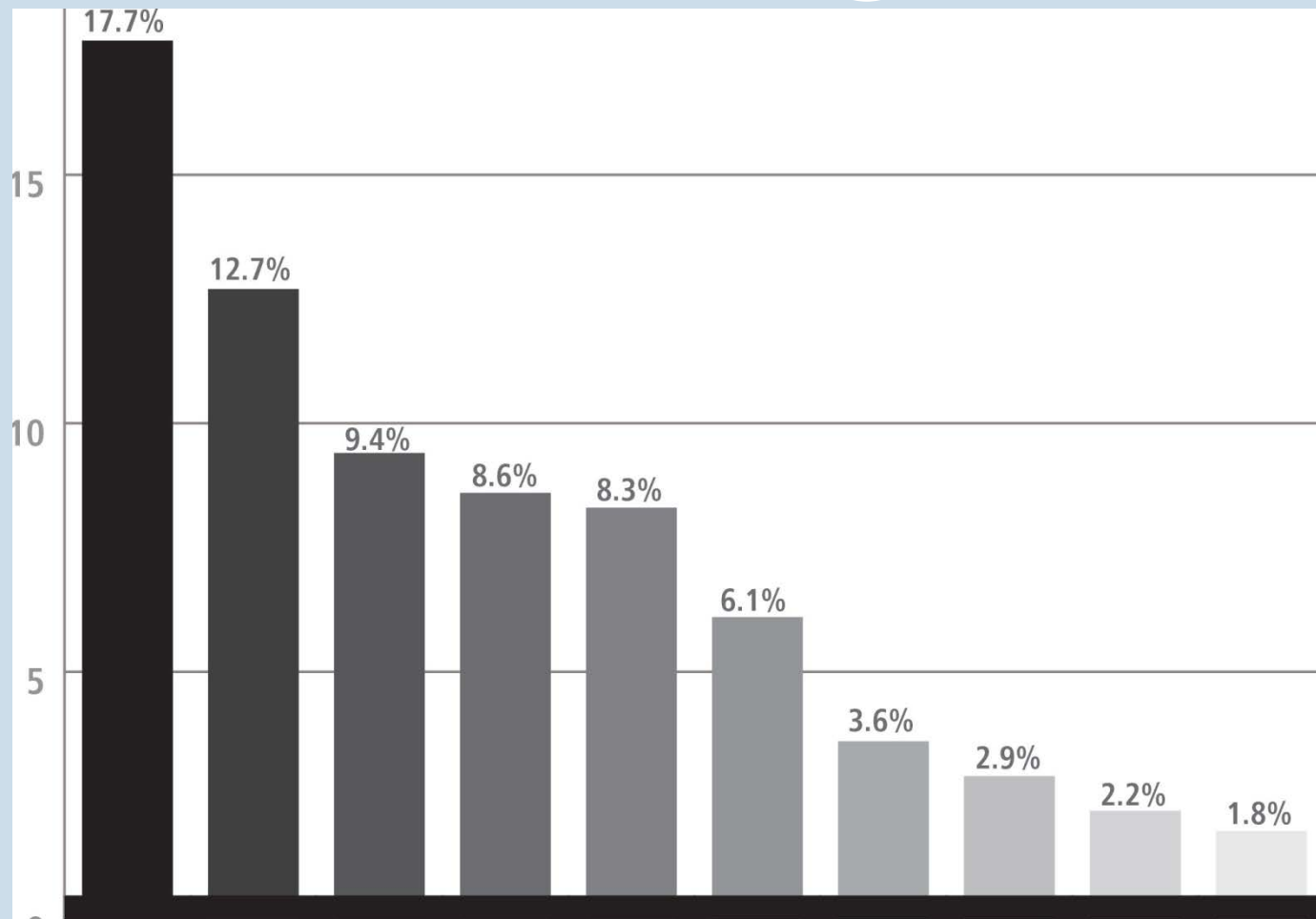
\$560-635 Billion annual pain costs

\$39 Billion annual out of pocket costs for CAM

NIH -NCCAM (2014) *CAM Basics*

Gaskin, D (2012) *Journal of Pain*

CAM Use: Percentage of Adults Using Services



Products

Breathing

Meditation

Yoga

Relaxation

Imagery

CAM Use: Neurological Conditions (Pain)



Headaches, sciatica, back pain, other conditions

50% Rate of use

Mind body therapies

- * Yoga
- * Breathing practices
- * Meditation

Wells, R. (2010) Journal of Neurology Vol. 257 (11)

Yoga, Yoga Therapy and Chronic Pain



**NOT WHAT YOU MIGHT
THINK**

Yoga and Yoga Therapy



Yoga as philosophy and practice

Dimensions of Yoga

Yoga Therapy and chronic pain

Yoga as Philosophy and Practice



One of six classical systems of Indian philosophy

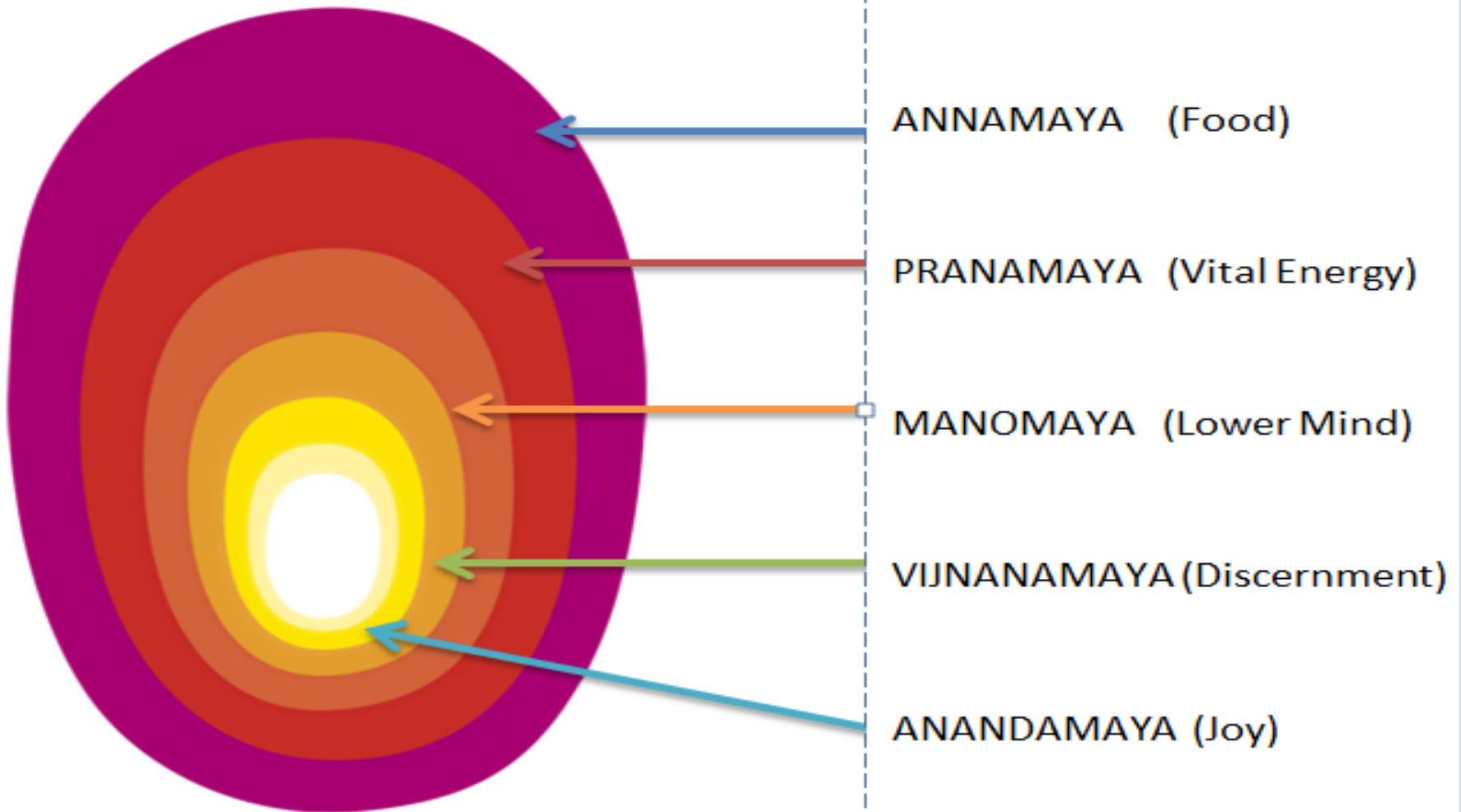
3000 – 5000 years ago

Science of the mind

Ancient philosophy that predated modern religion

Practical methods for direct experience

Who Are You? A Yoga Model





PRINCIPLES
POSTURES
BREATH
MEDITATION



Yoga: 8 Limb Path

Demonstration 1



Yoga, Yoga Therapy and Chronic Pain



**NOT WHAT YOU MIGHT
THINK**

Yoga Therapy: Definition



Process of empowering individuals

Progress toward improved health/well being

Application of teachings/practices of yoga

International Association of Yoga Therapists (2012) www.iayt.org

Yoga Therapy: Goals



Reducing or eliminating symptoms of suffering

Improve function

Prevent reoccurrence/cause

Change relationship and identification with condition

International Association of Yoga Therapists (2012) www.iayt.org

Yoga Therapy: Hallmarks



Practices designed for individual and condition

Informed by health sciences

Individual and group formats

Practitioner: specialized training and skills

Yoga Therapy and Chronic Pain



HOW IT WORKS

Chronic Pain Response



Protective pain response

The mystery of chronic pain

Stress response and hyperarousal

Overprotective

Hypersensitivity

Super stress

Blurring: sensation, suffering and stress

Symptoms of Chronic Pain



Muscle tension travels

Shallow breathing

Fatigue and sleep problems

Tension/irritability/anxiety

Hopelessness/depression

Social system changes

Yoga Therapy: How It Works

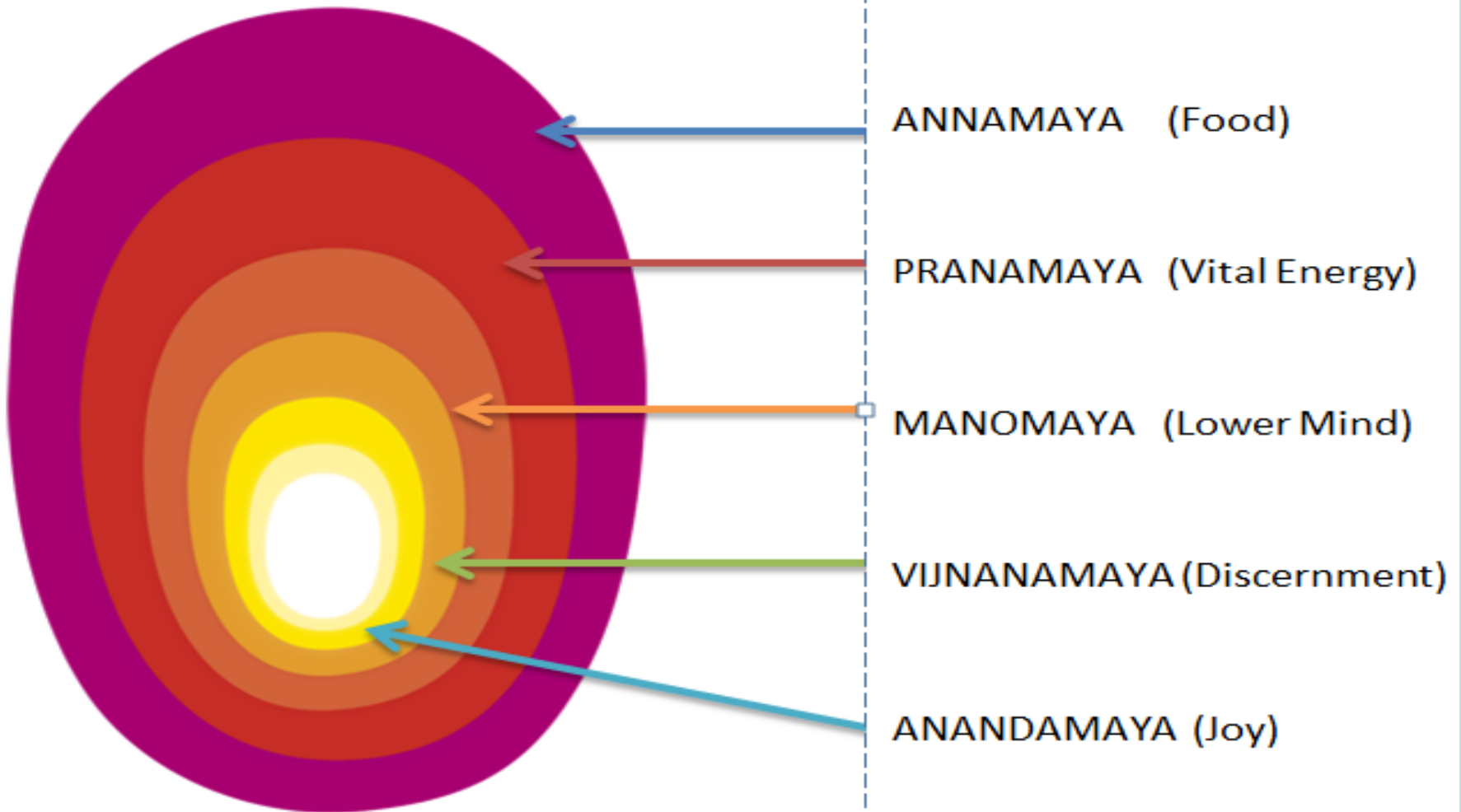


“Unlearning” the chronic pain response

Learning to elicit innate healing responses

Neuroplasticity: friend and foe

Who Are You? A Yoga Model





PRINCIPLES
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Yoga: 8 Limb Path

Yoga Therapy: Tools and Techniques



Self awareness (body, breath and mind)

**Release chronic muscular tension and strengthen
Breath/movement relationship**

Breath techniques

“Rest and digest” response

Sleep

Energy

Yoga Therapy and the Mind



Learning to direct attention through meditation

Focus

Distraction

Cultivating a frame of mind through reflection

Reconnecting with meaning, gratitude and joy

Yoga Therapy and Chronic Pain



RESEARCH AND PRECEDENT

Research on Yoga: A Growth Industry



Bushnell, C. (2013) Cognitive and emotional control of pain and disruption in chronic pain.

Nature Reviews/Neuroscience

Sherman, K. (2005; 2011). *Ann Intern Med*

Two large scale RCT's on low back pain

Ward (2013) *Musculoskeletal Care*

Meta-analysis: Yoga and RA, OA, LBP, fibromyalgia

Research on Yoga: A Growth Industry



Ward (2013) *Musculoskeletal Care*

Meta-analysis: Yoga and RA, OA, LBP, fibromyalgia

Chuang (2012) *Spine*

Economic evaluation of multi- center RCT for LBP

Precedent

Cleveland Clinic

Mayo Clinic

Yoga Therapy: Emerging Issues



Yoga Teaching and Yoga Therapy

Supply of providers

Accreditation of training programs

Credentialing

Yoga Therapy: Barriers to Use



Individual

Combs (2013) Barriers and facilitators to yoga use among individuals with LBP *Comp Ther Clin Prac*

Provider

Sulenes (2014) Underuse of yoga as a referral source among HCP students *Alt Compl Med*

System

Precedent
Who pays?
Where?

Summary: Making the Case for Yoga Therapy



High CAM use among individuals with chronic pain

Yoga: time honored and robust tradition

Mechanism of action of mind body techniques

Research support

Thinking through barriers and access

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