

Course Title: Yoga and Rehab 101

Course Description: The art and science of Yoga is known to mankind for many years. Yoga is an ancient Hindu practice that also integrates physical movements alongside its known spiritual benefits. Approximately 36 million Americans practice yoga and with increasing awareness of its benefits more and more health professionals are recommending using yoga as a treatment modality. I am a Physical Therapist and a Certified Yoga instructor, and I wanted to introduce Integration of Yoga with Physical Therapy. It is a wonderful blend and this 2-hour CE will cover the basics of Yoga, briefly outlining its numerous benefits and how we can blend or use some postures or asanas with Physical Therapy for common Musculoskeletal or Back and Joint Disorders.

Target Audience: OT/OTA, PT/PTA and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 2 contact hour / .2 ceu

Course Prerequisites: None

Course Author / Instructor: Riddhi Patel, PT, RYT 500

Learning Objectives:

- Briefly outline the 8 limbs of Ashtanga Yoga
- Enumerate classification of Asanas
- List 5 benefits of Asanas or Yogic Postures
- Understand the application of asanas with therapy
- List 5 Asanas for Low Back Pain
- List 3 Asanas for Hip stretches
- Name 5 poses/ asanas for Upper Extremity Strengthening
- Be familiar with contraindication for all poses

Agenda:

Hour #1

Introduction

What is Yoga

Yogic Terminology

Asana and Classification

Benefits of Asana

Pathophysiological Changes

PNG and Yoga Asana

Hour #2

Application

Recommended poses for common conditions

Studies

Why Integrated Yoga with Rehab

Summary

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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