

Course Title: Yoga and Rehab 103

Course Description: There is no doubt of benefits of yoga to one's health and well-being. It has numerous benefits not only at the physical aspect but also mentally. Yoga is an ancient practice originated in India thousands of years ago and can be implied to the modern world as of now. One of the key advantages of yoga is pain relief without medication with help of simple and effective asana or postures. Upper Extremity Injuries are very common among Americans and range from soft tissue pathology to joint arthritis with varied age groups. Furthermore, with a shift in trend where many are now working from home at a desk for hours resulting in awkward and unhealthy postures. This has led to restriction in soft tissue flexibility and muscle weakness and joint pain. Research has shown practicing simple yoga asanas can help with chronic pain and further prevent also. Yoga is a safe way to ease pain and help with relieving stress and tension in the body. In this course, we will discuss common upper extremity conditions and how common postures/ asanas can be beneficial. We will talk about how to correctly apply these asanas with our patients in acute and chronic phases of their conditions and at the end we will refer to a case study for better clinical application.

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

Course Type: Audiovisual format

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 2 contact hour / .2 ceu

Course Prerequisites: None

Course Author / Instructor: Riddhi Patel, MPT, MYT

Learning Objectives:

At the end of this course, the learner will be able to:

- List 5 benefit of Yoga Asana
- Understand the application of Yogic Asanas or Postures with Rehab
- State 5 Asanas to improve shoulder flexibility
- Propose poses for progressing with scapular stabilization
- Be able to differentiate between use of static and dynamic poses
- Recognize ways to modify poses when painful
- Create HEP with Yogic Postures
- Be familiar with correct alignment during poses
- Summarize ways to prevent injuries with yoga asanas

Agenda:

Hour #1

Introduction to Yoga
Benefits of Asana
EMG Study during Postures
Common upper extremity conditions

Hour #2

Asanas during Different Phases of Rehabilitation
Preventing Injury with Yoga Asana
Case Study
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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