

**Course Title:** Yoga and Rehab 104 – Yoga for Balance and Lower Extremity Conditions

**Course Description:**

Yoga is an ancient tradition that has been westernized and often practiced for its proposed health benefits. The recent global increase in popularity of home-based yoga, an ancient Indian technique practiced for thousands of years, has translated into its use as a complementary therapy for a multitude of joint problems. Lower Extremity injuries or pain ranging from soft tissue conditions, fractures to chronic osteoarthritis are one of the most common conditions seen in primary care and yoga is a safe way to ease pain and help improve functional strength and flexibility along with its other numerous benefits. Research has shown practicing simple yoga asanas help with chronic pain and further prevent recurrence. Also, one in three adults aged 65 and older have reported falls and yoga not only improves lower extremity strength but also challenges balance. I am a Physical Therapist and a Certified yoga teacher and would like to present this 2-hour CE course. We will discuss common lower extremity injuries and how common asanas or poses can be helpful to improve strength and balance. We will talk about the application of these poses during various stages of rehabilitation. For better clinical application we will also include detailed videos discussing muscle activity.

**Target Audience:** OT/OTA, PT/PTA, AT

**Course Type:** Audiovisual 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:**

- Justify the use of Yoga poses with rehabilitation
- Name 3 poses for each stage of rehabilitation
- List 5 poses helpful for balance
- Describe how to implement yoga with patients and establish a POC
- Perform a biomechanical analysis with poses
- Recognize and list Do's and Don'ts with poses
- Describe 5 ways to avoid injuries with poses

**Agenda:**

**Hour #1**

Introduction

What is balance

Benefits of asanas/poses

Common lower extremity conditions  
Phase of rehabilitation  
Application  
EMG studies  
Lower limb biomechanical analysis  
Avoiding injuries  
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](http://www.OnlineCE.com). Once registered, you can begin to purchase courses. Contact [info@onlinece.com](mailto: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](http://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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