

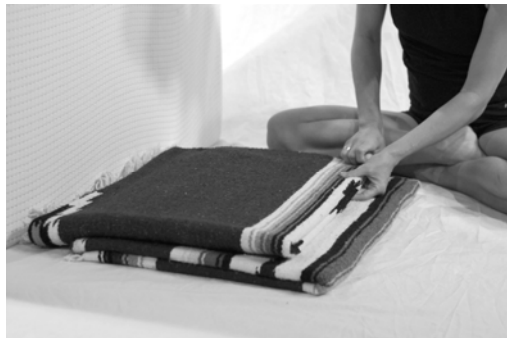
...A courtesy practice written by Ginger Garner MPT, ATC...an imprint of Elemental Renewal & Living Well, Inc.

A GLOSSARY OF TERMS:

PROFESSIONAL YOGA THERAPY & PROFESSIONAL YOGA THERAPIST™ – A therapist who has completed or is currently completing the PYT™ (Professional Yoga Therapy™) program with Ginger. Find a PYT™ (Professional Yoga Therapy™) at <http://proyogatherapy.com/find%20a%20therapist.html>.

TWO TIER APPROACH – This is a PYT™ (Professional Yoga Therapy™) blanket folding technique for hamstring preservation used in seated postures (*asana*). Two blankets are used, folded in quarters and then halved and stacked in an offset fashion.

THREE TIER APPROACH (SHOWN WITH BLOCK) – This is a PYT™ specific blanket folding technique used in all types of postures, but mainly in **SRA's**. Two blankets are used, folded in a trifold and then halved and stacked in a vertically offset fashion to create a “three tier” look. This approach can be used in both prone and supine postures as in **PRONE THREE TIER APPROACH** or the **SUPINE THREE TIER APPROACH**.



Two Tier Approach



Three Tier Approach (with block)

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Legs Up the Wall Pose

Viparita karani (vee-puh-ree-tuh kah-rah-nee)

Intention

1. Relaxation
2. Hamstring length
3. Circulation
4. Lymphatic drainage
5. Rest
6. Renewal
7. Spinal segmental mobility (flexibility and ability to fluidly move the spine)
8. Decreased stiffness
9. Decreased swelling in lower extremities
10. Respiration

Props needed – 1-2 blankets, 1 block, 1 strap

Starting Position - Mat perpendicular to a wall, blankets (as many as is needed for comfort) folded in tri-fold lengthwise and stacked either at the wall or 12-18 inches away from the wall.

Action

Entry – Lying in right sidelying with the buttocks flush to or 12-24 inches away from the wall. For blanket positioning see the Tips section.

Remain in the pose for up to 5-10 minutes.

Exit – Slide the legs down the wall into a modified *apanasana* like pose.

Rest here for several breaths before returning to a right sidelying position. After several more breaths, return to seated through a safe transfer.

Alignment

Arms - rest at the sides with upturned palms or at 90 degree angles in abduction, or over the head.

Legs - Legs are straight up the wall with a bend in the knee. Move your blankets away from the wall to make the pose less of a stretch on the legs.

Tips

1. Easiest option is top photo on this page or second photo on the following page. OR Set up a three tier approach as shown on page one. If using a three tier approach, the pelvis will rest on top, the ribs and trunk on the second tier, the shoulders on the first tier, and the head on the floor. You can also reverse the three tier if you prefer.
2. For a more difficult pose, follow the second or third photos on this page.
3. For the most difficult pose (backbends), follow the first and last photos on the following page.
4. For pregnancy, you must obtain approval from your physician or midwife before practicing this pose.
5. For maintaining good neck posture – A blanket may be needed under the neck to maintain the curves of the neck. Also, if the chin juts out toward the sky when lying down, you may also need a blanket under the head for support.



Supported pelvis distanced from wall



Two blanket, strap and block bound pose



Two blanket (or THREE TIER APPROACH) decline

WARNINGS - None, however women who are pregnant should not perform this pose without the supervision of a PYT™ or PT trained in prenatal and postpartum yoga therapy. If you have active low back pain, stenosis, or any extension based disorder, you must obtain approval from your physician or physical therapist prior to attempting this exercise.

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In addition:

1. Do not strain the hamstrings (muscle in the back of your thigh) by forcing them straight.
2. Do not strain the spine by forcing it the low back to flatten into the blanket.
3. No strain should be felt through the spine or legs.
4. No dizziness or vertigo should be felt. Please see your physician or physical therapist if you have any existing dizziness or vertigo prior to attempting this pose.
5. There should be no symptoms of numbness, tingling, or pain in the legs. Any pain of this sort requires a visit to your physician or physical therapist right away.



Option 1; left – lumbar, thoracic, and some cervical extension; middle – cervical retraction (block supported pose); right – maximal (two blanket tri fold) spine extension