

Pain Management Yoga Program

Yoga can significantly improve pain, disability and mood in people with persistent pain. Yoga for pain management is comparable to Cognitive Behaviour Therapy (CBT). Yoga is one of the therapies recommended by the American Pain Society for pain management.

Yoga is a practice that connects the mind and body, and can help people with chronic pain by improving flexibility, reducing inflammation, and helping them cope with their pain mentally.

This program may be beneficial for people suffering from:

chronic back pain

arthritis

headache/migraine

irritable bowel syndrome

fibromyalgia

other types of chronic pain

QUEST YOGA STUDIO

Be Limitless!

CONTACT US

0427350189

info.questyoga.com.au

www.questyoga.com.au



Pain Management

Yoga for Pain



FIBROMYALGIA

Research conducted at American College of Rheumatology provide encouraging evidence that some mind and body practices such as yoga may help relieve some fibromyalgia symptoms.

LOWER BACK PAIN

American College of Physicians strongly recommends that clinicians and patients should initially select nonpharmacologic treatment with exercise, multidisciplinary rehabilitation, yoga, acupuncture, or mindfulness-based stress reduction.

ARTHRITIS

Results from clinical trials suggest that some mind and body practices, including yoga, may be beneficial additions to conventional treatment plans for patients with arthritis.

A 2018 meta-analysis of 13 clinical trials involving patients with knee osteoarthritis and rheumatoid arthritis found that regular yoga training may be useful in reducing knee arthritic symptoms, promoting physical function, and general wellbeing in arthritic patients.

In 2019 trials involving participants with RA found that after 8 weeks of yoga, there was significant

decrease in the severity of RA as seen by reduction in levels of various systemic inflammatory markers.

NECK PAIN

A 2019 meta-analysis of randomised controlled trials concluded that yoga may relieve neck pain intensity, improve pain-related function disability, increase cervical range of motion, improve quality of life, and boost mood.

HEADACHES

Studies show yoga has beneficial effects for headaches with decreases in headache intensity and frequency.

Yoga for Pain



FLEXIBILITY AND RANGE OF MOTION

Yoga can provide short term improvements in functional disability among people with chronic low back pain (CLBP). Research shows that people who practice yoga regularly for at least six weeks reported reductions in pain and improvements in mobility.

Studies also suggest that yoga may be more effective at pain reduction than standard exercise because it combines strength, flexibility, and breath work.

PAIN PERCEPTION

Yoga can decrease pain perception, meaning that people feel their pain is less strong and severe than it was before. In one study, a form of mindfulness meditation called *yoga nidra* helped combat veterans achieve moderately important to statistically significant reductions in pain perception.

INFLAMMATION

Inflammation is often associated with chronic pain conditions, especially autoimmune disorders. Research suggests that yoga can reduce inflammation by decreasing the body's stress response.

SAFETY

Yoga is generally considered a safe form of physical activity. Serious injuries from yoga practice are rare.

Our Program



PAIN MANAGEMENT

Our yoga program helps you connect the mind and body, and can help with chronic pain management by improving flexibility, reducing inflammation, and helping you cope with your pain mentally.

FOCUS AREAS

- Improve flexibility
- Identify pain points
- Reduce inflammation
- Posture correction
- Techniques to cope with pain mentally

ENROLMENTS

Enrolments open now!

Please book an appointment for initial consultation before the start of program.

Individual and group sessions available.

Research



REFERENCES

Theadom A, Cropley M, Smith HE, Feigin VL, McPherson K. Mind and body therapy for fibromyalgia. *Cochrane Database Syst Rev*. 2015 Apr 9;(4):CD001980. doi: 10.1002/14651858.CD001980.pub3

Li Y, Li S, Jiang J, Yuan S. Effects of yoga on patients with chronic nonspecific neck pain: A PRISMA systematic review and meta-analysis. *Medicine (Baltimore)*. 2019 Feb;98(8):e14649. doi: 10.1097/MD.00000000000014649

Kim SD. Effects of yoga exercises for headaches: a systematic review of randomized controlled trials. *J Phys Ther Sci*. 2015 Jul;27(7):2377-80. doi: 10.1589/jpts.27.2377

Nassif, T. Norris, D. Soltes, K. Blackman, M. Chapman, J. Sandbrink, F. Evaluating the Effectiveness of Mindfulness Meditation for Chronic Musculoskeletal Pain in U.S. Veterans Using the Defense and Veterans Pain Rating Scale (DVPRS): 211. *Pain Medicine*. 2014;15(3):529-530.

TheaHoltzman, S, Beggs, TR. Yoga for chronic low back pain: a meta-analysis of randomized controlled trials. *Pain Res Manag*. 2013; 18(5): 267-272. doi: 10.1155/2013/105919.

Kiecolt-Glaser JK, Christian L, Preston H, Houts CR, Malarkey WB, Emery CF, Glaser R. Stress, inflammation, and yoga practice. *Psychosom Med*. 2010 Feb;72(2):113-21. doi: 10.1097/PSY.0b013e3181cb9377

Kiecolt-Glaser JK, Christian L, Preston H, Houts CR, Malarkey WB, Emery CF, Glaser R. Stress, inflammation, and yoga practice. *Psychosom Med*. 2010 Feb;72(2):113-21. doi: 10.1097/PSY.0b013e3181cb9377

Cramer H, Lauche R, Haller H, Dobos G. A systematic review and meta-analysis of yoga for low back pain. *The Clinical journal of pain* 2013; 29(5): 450-60.

Cramer H, Ward L, Saper R, Fishbein D, Dobos G, Lauche R. The Safety of Yoga: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Am J Epidemiol* 2015; 182(4): 281-93.

Wren AA, Wright MA, Carson JW, Keefe FJ. Yoga for persistent pain: new findings and directions for an ancient practice. *Pain* 2011; 152(3): 477-80.

Bussing A, Ostermann T, Ludtke R, Michalsen A. Effects of yoga interventions on pain and pain-associated disability: a meta-analysis. *The journal of pain : official journal of the American Pain Society* 2012; 13(1): 1-9.

Eccleston C, Williams AC, Morley S. Psychological therapies for the management of chronic pain (excluding headache) in adults. *The Cochrane database of systematic reviews* 2009; (2): CD007407.

Chen L, Michalsen A. Management of chronic pain using complementary and integrative medicine. *BMJ*. 2017;357:j1284.

Chen L, Michalsen A. Management of chronic pain using complementary and integrative medicine. *BMJ*. 2017;357:j1284.

Cherkin DC, Herman PM. Cognitive and mind-body therapies for chronic low back pain and neck pain: effectiveness and value. *JAMA Intern Med*. 2018;178(4):556-557.

Chou R, Deyo R, Friedly J, et al. Nonpharmacologic therapies for low back pain: a systematic review for an American College of Physicians clinical practice guideline. *Ann Intern Med*. 2017; 166(7):493-505.

Cramer H, Klose P, Brinkhaus B, et al. Effects of yoga on chronic neck pain: a systematic review and meta-analysis. *Clinical Rehabilitation*. 2017;31(11):1457-1465.

De Silva V, El-Metwally A, Ernst E, et al. Evidence for the efficacy of complementary and alternative medicines in the management of fibromyalgia: a systematic review. *Rheumatology*. 2010;49(6):1063-1068.

Evans S, Moieni M, Taub R, et al. Iyengar yoga for young adults with rheumatoid arthritis: results from a mixed-methods pilot study. *Journal of Pain and Symptom Management*. 2010;39(5):904-913.

Furlan AD, Yazdi F, Tsertsvadze A, et al. A systematic review and meta-analysis of efficacy, cost-effectiveness, and safety of selected complementary and alternative medicine for neck and low-back pain. *Evidence-Based Complementary and Alternative Medicine*. 2012;2012:953139.

Furlan AD, Yazdi F, Tsertsvadze A, et al. Complementary and Alternative Therapies for Back Pain II. AHRQ Publication No. 10(11)-E007, October 2010.

Gautam S, Tolahunase M, Kumar U, et al. Impact of yoga based mind-body intervention on systemic inflammatory markers and co-morbid depression in active rheumatoid arthritis patients: A randomized controlled trial. *Restor Neurol Neurosci*. 2019;37(1):41-59.

Kim S-D. Effects of yoga exercises for headaches: a systematic review of randomized controlled trials. *Journal of Physical Therapy Science*. 2015;27(7):2377-2380.

Li Y, Li S, Jiang J, et al. Effects of yoga on patients with chronic nonspecific neck pain: A PRISMA systematic review and meta-analysis. *Medicine (Baltimore)*. 2019;98(8):e14649.

Macfarlane GJ, Kronish C, Dean LE, et al. EULAR revised recommendations for the management of fibromyalgia. *Ann Rheum Dis*. 2017;76(2):318-328.

Research



REFERENCES

Wieland LS, Skoetz N, Pilkington K, Vempati R, D'Adamo CR, Berman BM. Yoga treatment for chronic non-specific low back pain. *Cochrane Database Syst Rev*. 2017 Jan 12; 1(1):CD010671.

Nahin RL, Boineau R, Khalsa PS, et al. Evidence-based evaluation of complementary health approaches for pain management in the United States. *Mayo Clinic Proceedings*. September 2016;91(9):1292-1306.

Nahin RL, Boineau R, Khalsa PS, et al. Evidence-based evaluation of complementary health approaches for pain management in the United States. *Mayo Clinic Proceedings*. September 2016;91(9):1292-1306.

Park J, Krause-Parelio CA, Barnes CM. A narrative review of movement-based mind-body interventions: effects of yoga, tai chi, and qigong for back pain patients. *Holist Nurs Pract*. 2020;34(1):3-23.

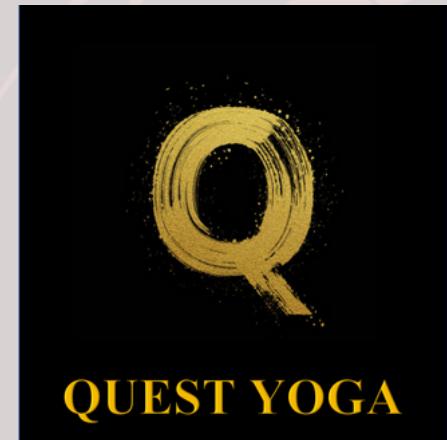
Qaseem A, Wilt TJ, McLean RM, et al. Noninvasive treatments for acute, subacute, and chronic low back pain: a clinical practice guideline from the American College of Physicians. *Ann Intern Med*. 2017;166(7):514-530.

Skelly AC, Chou R, Dettori JR, et al. Noninvasive Nonpharmacological Treatment for Chronic Pain: A Systematic Review. *Comparative Effectiveness Review no. 209*. Rockville, MD: Agency for Healthcare Research and Quality; 2018. AHRQ publication no. 18-EHC013-EF.

Theadom A, Cropley M, Smith HE, et al. Mind and body therapy for fibromyalgia. *Cochrane Database Syst Rev*. 2015;4:CD001980.

Wang Y, Lu S, Wang R, et al. Integrative effect of yoga practice in patients with knee arthritis: A PRISMA-compliant meta-analysis. *Medicine (Baltimore)*. 2018; 97(31):e1742.

PRESENTED BY



WWW.QUESTYOGA.COM.AU