

# 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

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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



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# Research



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