



# MINDFULNESS-BASED POST-OPERATIVE CHRONIC SHOULDER PAIN MANAGEMENT MODULE 4 GENTLE YOGA EXERCISES – L1 FUNDAMENTAL

## WHO FOR?




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*AFTER* Rotator cuff tear repair surgery

- Postoperative persistent chronic pain
- Arm weakness and stiffness
- Discomfort when laying on side
- Dull ache and soreness around shoulders, neck and upper back
- Keen to try alternative options besides medication and physiotherapy



## LEVELS

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-  L1 – FUNDAMENTAL
-  L2 – PROGRESSION
-  L3 - ADVANCING

## STYLES

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-  FLOW (SIMPLIFIED AND FULL)
-  STATIC





# L1 – FUNDAMENTAL – POSE ONE: COBRA

## FUNDAMENTAL

BREATH	ACTION	KEY POINTERS	CONTRAINDICATIONS/ MODIFICATION
	<ol style="list-style-type: none"> <li>1. Lie on your belly with feet at least hip-distance apart and hands beside your ribs</li> <li>2. Stretch your legs back and activate your thighs and knees</li> </ol>	<ol style="list-style-type: none"> <li>1. Lift your heart to max up the space across your chest</li> <li>2. Firm the space between your shoulder blades and upper back region</li> <li>3. Extend your tailbone back towards your feet by engaging your belly</li> <li>4. Avoid using your arms to push up</li> </ol>	<ol style="list-style-type: none"> <li>1. Separate the legs wider than hip-distance apart to release tensions of the low back</li> <li>2.</li> <li>3. Place hands further forward to allow easier lift</li> </ol>
<b>INhale</b>	<ol style="list-style-type: none"> <li>4. Lightly press down with your hands and begin to lift shoulders and chest away from floor, drawing shoulders back away from the ears and down towards the tailbone</li> <li>5. Hold for 5-10 breaths. Repeat 3 to 5 times</li> </ol>		
<b>EXhale</b>	<ol style="list-style-type: none"> <li>6. Engage your back and lift your chest and shoulders a little higher</li> </ol>		
<b>5-10 breaths &gt; Exhale</b>	<ol style="list-style-type: none"> <li>6. To release, lower your torso and shoulders back to the floor</li> </ol>		

**BENEFITS: BUILD UP UPPER BODY STRENGTH BY ACTIVELY SOFTEN THE SHOULDERS AND ARMS**





# L1 – FUNDAMENTAL – POSE TWO: LOCUS WITH A STRAP

## FUNDAMENTAL

BREATH	ACTION	KEY POINTERS	CONTRAINDICATIONS/MODIFICATIONS
	<ol style="list-style-type: none"> <li>1. Lie face down in a prone position</li> <li>2. Extend your arms alongside your body with your palms facing up</li> <li>3. Hold the ends of the strap with your hands wider than shoulder-distance apart</li> </ol>	<ol style="list-style-type: none"> <li>1. Make sure the back of your neck is lengthened from the base of your skull all the way down to the shoulder blades</li> <li>2. Keep your chin in and avoid throwing your head back</li> </ol>	<ol style="list-style-type: none"> <li>1. Weak back muscles: Cushion your pelvis and hip bones with a folded blanket against the floor</li> <li>2. Tight and tender low back: Separate the legs wider than hip-distance apart</li> <li>3. Adjust the hand grip wider to encourage easier lift of shoulders and chest</li> <li>4. Replace the use of a strap by clasping your hands behind you buttocks</li> </ol>
<b>INhale</b>	<ol style="list-style-type: none"> <li>4. Lift the shoulders and arms together with the strap</li> <li>5. Firm the space between the shoulder blades and upper back region</li> <li>6. Extend the tailbone back towards the feet by engaging the belly</li> </ol>		
<b>EXhale</b>	<ol style="list-style-type: none"> <li>7. Continue to lift the arms away from your buttock</li> <li>8. Hold for 5-10 breaths</li> </ol>		
<b>5-10 breaths &gt; Exhale</b>	<ol style="list-style-type: none"> <li>9. To release, lower your torso and shoulders back to the floor</li> </ol>		



### BENEFITS: STRENGTHEN THE BACK MUSCLES





# L1 – FUNDAMENTAL – POSE THREE: GATE

## FUNDAMENTAL

BREATH	ACTION	KEY POINTERS	CONTRAINDICATIONS/MODIFICATIONS
	<ol style="list-style-type: none"> <li>1. Come up into a high kneeling position at hip-distance apart, with hips directly over the knees, thighs vertical to the floor</li> <li>2. Extend your right leg to the right, pointing your foot forward in line with your left knee</li> <li>3. Hold your right hip joint with your right hand</li> </ol>	<ol style="list-style-type: none"> <li>1. Make sure you do not cave in and drop your chest. Keep opening up the torso to the long side edge of your mat</li> <li>2. Keep engaging the back muscles so that you do not dump your body weight onto the knee and bottom hand</li> </ol>	<ol style="list-style-type: none"> <li>1. Place padding on your knees if prolonged kneeling position causes discomfort to knees</li> <li>2. Weak legs: Set up the pose next to a wall and place your foot of the extending leg against the baseboard of the wall</li> </ol>
<b>INhale</b>	2. Reach your left arm overhead out of your left hip		
<b>EXhale</b>	3. Side-bend to the right, stretching your left arm across to the right diagonally, letting your right arm drape down alongside your body		
<b>5-10 breaths &gt; Exhale</b>	4. To release, bring your torso back to upright, returning to high kneeling position		



**BENEFITS: STRETCH SIDES OF THE SPINE AND CHEST, OPEN UP INTERCOSTAL MUSCLES, FACILITATE DEEP BREATHING**

