



MINDFULNESS-BASED POST-OPERATIVE CHRONIC SHOULDER PAIN MANAGEMENT MODULE 4 GENTLE YOGA EXERCISES – L2 PROGRESSION

WHO FOR?

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



L1 – FUNDAMENTAL

L2 – PROGRESSION

L3 - ADVANCING

STYLES



FLOW (SIMPLIFIED AND FULL)

STATIC



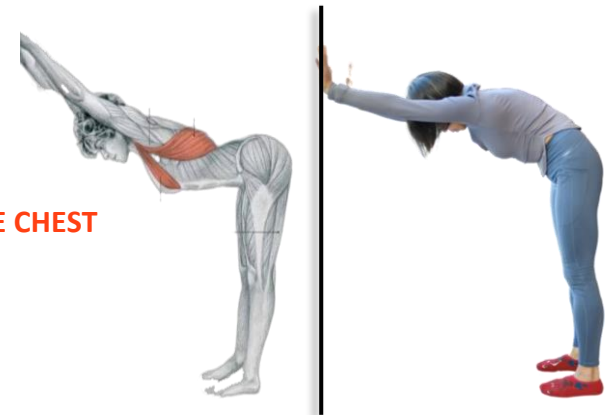


L2 – PROGRESSION – POSE ONE: DOWNWARD DOG AT WALL

PROGRESSION

BREATH	ACTION	KEY POINTERS	CONTRAINDICATIONS/MODIFICATION
	1. Stand facing a wall about one leg’s length away, with feet at about hip-distance apart and hands slightly wider than shoulder-distance apart	1. Spread your fingers and energetically push through the palms and knuckles to activate the arm muscles	Place your hands on wall levelled with shoulders’ height and wider apart to release tensions of the shoulder heads
	2. Place your hands on the wall at shoulders height	2. 'Wrap' your shoulders to encourage external rotation of the shoulders. You should feel the shoulder blades broadening across the upper back	
INhale	3. Root your hands firmly and push the floor away	3. Gaze down and relax your neck	
	4. Elongate the spine along the axis of the mat		
EXhale	5. Press the chest towards the floor while your entire spine continues to elongate from the top of your head to the sitting bones		
5-10 breaths > Exhale	6. To release, step your feet to the wall and return to upright standing position		

BENEFITS: RELEASE STRAIN OF THE BACK, TENSIONS OF THE SHOULDERS AND NECK; STRETCH THE CHEST





L2 – PROGRESSION – POSE TWO: GATE PLANK/SIDE PLANK

PROGRESSION

BREATH	ACTION	KEY POINTERS	CONTRAINDICATIONS/MODIFICATION
	1. From gate pose (L1 Pose 3), lift your arms back overhead to high kneeling position and torso back up to upright over the hips		
INhale	2. Lower your left hand on the mat or on a block 1-2 feet away from the left knee, side bending to the left	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	1. Raise the floor by using a block for the bottom hand by the knee 2. Place padding on your knees if prolonged kneeling position causes discomfort to knees
EXhale	3. Lift your right arm up over your shoulder, then cup the back of your head with your right hand to support your neck 4. Spin your torso to the right towards the sky, gazing up	2. Keep engaging the back muscles so that you do not dump your body weight onto the knee and bottom hand	3. Replace high kneeling position with sitting (*see illustration)
5-10 breaths > Exhale	5. To release, lower your torso with your chest and hips resetting back to centre		4. Weak legs: Set up the pose next to a wall and place your foot of the extending leg against the baseboard of the wall

BENEFITS: DEEP OPENING OF CHEST AND SHOULDERS; MOBILIZE SHOULDER GIRDLES

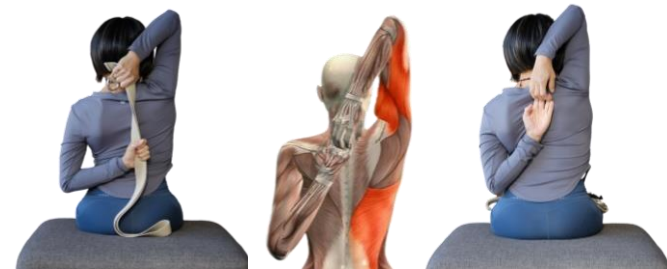




L2 – PROGRESSION – POSE THREE: COW FACE

PROGRESSION

BREATH	ACTION	KEY POINTERS	CONTRAINDICATIONS/MODIFICATION
INhale	<ol style="list-style-type: none"> 1. Sit on the mat or a chair so that your back is fully extended 2. Raise your left arm above your head, turn the palm back to create external rotation at the shoulder. At the same time, reach your right arm to the side, turn the palm back to feel a small forward hunch of the right shoulder 	Your head remains upright and back straight	Modify the clasp by holding a strap or a towel between the hands
EXhale	<ol style="list-style-type: none"> 3. Bend both elbows (left elbow pointing up, right elbow pointing down), walk the hands towards each other until they touch or clasp together 		
5-10 breaths >	<ol style="list-style-type: none"> 4. To release, open both arms to the sides of the shoulders 		
INhale	<ol style="list-style-type: none"> 5. Lower the arms down alongside the body 		



BENEFITS: INCREASE FLEXIBILITY OF THE SHOULDER GIRDLE, STRENGTH AND STRETCH CHEST MUSCLES, CORRECT SLOUGHING PATTERN

