



MINDFULNESS-BASED POST-OPERATIVE CHRONIC SHOULDER PAIN MANAGEMENT

MODULE 4 GENTLE YOGA EXERCISES STYLE 1 DYNAMIC FLOW

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





STYLE 1: SIMPLIFIED DYNAMIC FLOW

IN - Inhale
 EX - Exhale





STYLE 1: FULL DYNAMIC FLOW

