



MINDFULNESS-BASED POST-OPERATIVE CHRONIC SHOULDER PAIN MANAGEMENT

MODULE 4 GENTLE YOGA EXERCISES – L3 ADVANCING

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

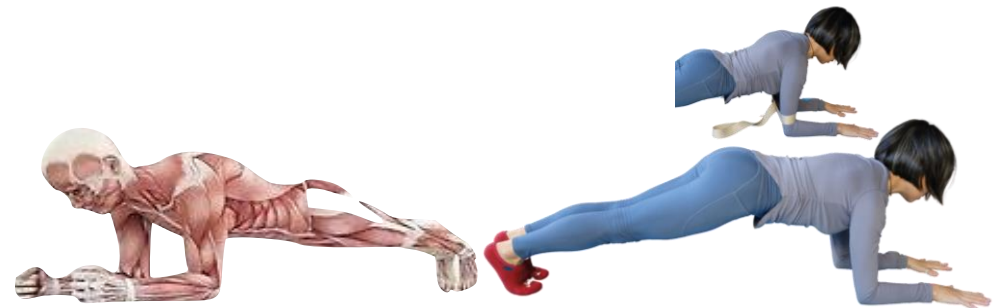




L3 – ADVANCING – POSE ONE: FOREARM PLANK

ADVANCING

BREATH	ACTION	KEY POINTERS	CONTRAINDICATIONS/MODIFICATION
	<ol style="list-style-type: none"> 1. Begin in all fours in a tabletop position with your wrists directly under your shoulders and your knees under your hips 2. Lower your forearms to the floor at shoulder-width parallel to each other, positioning your elbows directly under your shoulders 	<ol style="list-style-type: none"> 1. press firmly into your inner forearms as if you were hugging a block between them 2. Keep your head and neck relaxed, looking toward your toes or between your elbows 	<ol style="list-style-type: none"> 1. Secure your forearms into the loop strap to prevent elbows from sliding out 2. Place your knees on the floor and focus on upper body work 3. Set up at the wall by pushing your feet against the baseboard
INhale	<ol style="list-style-type: none"> 3. Step your feet back one at a time, coming into a plank pose with your body in a straight line from your head to your heels 		
EXhale	<ol style="list-style-type: none"> 4. Drag your shoulders down away from your ears and slide the shoulder blades down your back. Drop your head to relax the neck 		
5-10 breaths > EXhale	<ol style="list-style-type: none"> 5. To release, lower your knees to the floor and into child's pose 		



BENEFITS: STRENGTH CHEST AND SHOULDERS; INCREASE STABILITY AND INTEGRITY OF THE SHOULDER GIRDLE





L3 – ADVANCING – POSE TWO: HUMBLE WARRIOR

ADVANCING

BREATH

ACTION

KEY POINTERS

CONTRAINDICATIONS/MODIFICATION

1. Begin on a lunge or Warrior II position: Create a wide stance with your legs and open your hips to the long edge of your mat
2. Bend your front right leg and straighten your back left leg, pointing your front toes forward and back toes slightly in

1. Keep the balls of your big toes grounded by lifting the mid-arch of the feet
2. Lock the arm bones firmly into the shoulder sockets
- 3.

1. To start with, rest your shoulder on your front thigh for extra support, then begin to hover over the front leg and dive down
2. Use a strap instead of clasping hands

INhale

3. Open your arms to a “T,” level with your shoulders.

4. Retract your shoulders away from the earlobes and widen the collarbones to intensify chest opening

3. Widen the stance a little and create stability of the base

EXhale

- 4 Clasp your hands behind your back and hinge forward to the front left corner of your mat, lowering your torso down to the instep of the right leg
5. Hang your head down, feeling a sense of dangling

5-10 breaths > INhale

6. To release, come back up to upright with shoulders over the hips



BENEFITS: DEEP OPENING OF CHEST AND SHOULDER GIRDLE; CULTIVATE SENSE OF ACCEPTANCE, SURRENDER AND GROUNDING





L3 – ADVANCING – POSE THREE: CAMEL

ADVANCING

BREATH	ACTION	KEY POINTERS	CONTRAINDICATIONS/MODIFICATION
	1. Begin in a high kneeling position with your hands on your hips and knees at hip-distance apart 2. Tuck your toes under	1. Keep elongating the back of your neck 2. Push your pelvis forward and press your inner thighs inward	1. If you have low back tension or pain, do not reach for the heels 2. 3.
INhale	3. Lift your chest out of your spine, draw the shoulders back by firming the upper back and sliding the shoulder blades down the back	3. Do not just toss your head back. Always initiate from your sternum and chest then head follows	4. Put a strap around your thighs to restrain them from turning out or place a block between to encourage a sense of hugging (inward rotation through inner thighs)
EXhale	4 Lean your torso back but pelvis forward 5. Either keep both hands on your hips or reach for the ankles or heels	4.If grabbing the heels, reach both hands simultaneously to avoid twisting the low back and pelvis	
5-10 breaths > INhale	6. To release, lead with your chest to reset your spine back to upright		

BENEFITS: RELEASE CHEST TENSION; STRENGTHEN NECK AND BACK MUSCLES

