

REFERENCE: THE THERAPY BIBLE ON YOGA BY DR. KIM BYRD-RIDER
BELOW IS THE TABLE OF CONTENTS FOR “THE THERAPY BIBLE ON YOGA”

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BELOW IS A SAMPLE TAKEN DIRECTLY FROM THE BEGINNING OF CHAPTER 4 OF THE BOOK. THE BOOK HAS 250 PAGES OF SIMILAR INFORMATION. GREAT FOR COPYING AND PASTING INTO NOTES AND FOR HOME EXERCISE PROGRAMS.

4 CHAPTER

Prone Yoga Exercises

Prone exercises can be used for people in bed or on a table in the clinic as well as on the floor. Prone exercises may be challenging to patients with kyphosis, spinal stiffness or large stomachs. If this is the case, the Cobra may be performed against a wall or hands a table's/chair's edge. In this position the shoulder work is accomplished but the spinal extension is replaced by stabilizing neutral spine strengthening. The Pigeon may be done in a seated position by placing the ankle on the thigh if necessary.

Many people balk at lying on their stomachs, especially in the hospital. If the patient can anatomically do it, they need to try to lie prone. Just lying on their stomach and bringing the spine to neutral is more spinal extension than they ever do. If the patient can lie prone on their stomach and rest their chest on a pillow this is even better. It promotes the first steps towards spinal extension mobility. Abdominal, hip flexor and ankle plantar flexion stretches also naturally occur in prone without effort.

DOWNWARD BOAT (FULL LOCUST)

Mid-back and spinal extensor strengthening

DR. KIM'S COMMENT

The Downward Boat is sometimes called the Full Locust. The spine is cued first for two reasons. One, the spine is always priority. Two, the low back tends to do all of the extension work which needs to be redistributed to the upper spine in this exercise. The legs come slightly off of the floor because the hips only have 10-20 degrees of extension capability when the pelvis is in neutral. This means the legs do not raise very high as a result. Squeezing the legs together or squeezing a block adds adductor strengthening. Slight pressure on the forehead ensures the spine is not overloaded. The arms in airplane wings increases lower trapezius strengthening. "T" shaped arms recruit more mid-trapezius and rhomboids. The "Y" shaped arms increase upper-trapezius and levator involvement.

"Pull the blades down the back" is a cue used throughout these exercises and especially in the Boat. It creates scapular depression. Scapular depression activates and strengthens the following shoulder stabilizing muscles: lower trapezius, serratus anterior, pectoralis major, pectoralis minor, subclavian and latissimus dorsi. It is a simple yet important cue.

FOR YOUR NOTES

Note Information Contents: (1) Associated body part; (2) Fascial meridians affected; (3) Postural dysfunction repaired; (4) Strengthens - name of muscle; (5) Stretches - name of muscle.

DOWNWARD BOAT: Body Part I - Lower extremity, Body Part II - Upper extremity, Body Part IV - spine, - Strengthen Core, - Strengthen Postural, - Strengthen Shoulder, - Strengthen Spiral, - Stretch Phasic, Postural Dysfunction - Flat, back pelvic tilt, Postural Dysfunction - Tucked, the cowboy, back pelvic tilt and shift, Postural Dysfunction - Twisted, the desk jockey, opposite hip and shoulder rotate forward; Strengthen - Adductor magnus, Strengthen - Biceps, Strengthen - Cervical spine muscles, Strengthen - Deltoids, Strengthen - Extrinsic foot muscles, TA, EDL, EHL, PL, PB, MS, G, TP, FHL, FR, Strengthen - Extrinsic hand muscles, wrist/fingers flexors and extensors, Strengthen - Gluteus maximus, Strengthen - Hamstrings, Strengthen - Infraspinatus, Strengthen - Intrinsic foot muscles, arch and toe muscles, AH, FHB, AH, ADM, FDM, ODM, L, QP, FDB, DI, PI, Strengthen - Obliques, Strengthen - Pronators, Strengthen - Quadriceps, Strengthen - Rectus abdominus, Strengthen - Rhomboids, Strengthen - Serratus anterior, Strengthen - Serratus posterior, Strengthen - Teres minor, Strengthen - Trapezius, Strengthen - Triceps, Strengthen - Vastus intermedius, Strengthen - Vastus lateralis, Strengthen - Vastus Medialis, Stretch - Cervical spine muscles, Stretch - Iliacus, Stretch - Intercostals, Stretch - Latissimus dorsi, Stretch - Obliques, Stretch - Pectoralis major, Stretch - Pectoralis minor, Stretch - Psoas, Stretch - Rectus abdominus, Stretch - Rectus femoris, Stretch - Supinators, Stretch - Tensor fascia latae, Stretch - Teres major.

ACCOMPLISHMENTS OF DOWNWARD BOAT

Body Part I - Lower extremity

Body Part II - Upper extremity

Body Part IV - Spine

Postural Dysfunction - Flat, back pelvic tilt

Postural Dysfunction - Tucked, the cowboy, back pelvic tilt, and shift

Postural Dysfunction - Twisted, the desk jockey, opposite hip and shoulder rotate forward

Fascial Meridian - Strengthen Core

Fascial Meridian - Strengthen Postural

Fascial Meridian - Strengthen Shoulder

Fascial Meridian - Strengthen Spiral

Fascial Meridians - Stretch Phasic

Strengthen Muscle - Adductor magnus

Strengthen Muscle - Biceps

Strengthen Muscle - Cervical spine muscles

Strengthen Muscle - Deltoids

Strengthen Muscle - Extrinsic foot muscles, TA, EDL, EHL, PL, PB, MS, G, TP, FHL, FR

Strengthen Muscle - Extrinsic hand muscles, wrist/fingers flexors, and extensors

Strengthen Muscle - Gluteus maximus

Strengthen Muscle - Hamstrings

Strengthen Muscle - Infraspinatus

Strengthen Muscle - Intrinsic foot muscles, arch and toe muscles, AH, FHB, AH, ADM, FDM, ODM, L, QP, FDB, DI, PI

Strengthen Muscle - Levator scapulae

Strengthen Muscle - Obliques

Strengthen Muscle - Pronators

Strengthen Muscle - Quadriceps

Strengthen Muscle - Rectus abdominus

Strengthen Muscle - Rhomboids

Strengthen Muscle - Serratus anterior

Strengthen Muscle - Serratus posterior

REFERENCE: THE THERAPY BIBLE ON YOGA BY DR. KIM BYRD-RIDER

Strengthen Muscle - Teres minor

Strengthen Muscle - Trapezius

Strengthen Muscle - Triceps

Strengthen Muscle - Vastus intermedius

Strengthen Muscle - Vastus lateralis

Strengthen Muscle - Vastus Medialis

Stretch muscle - Cervical spine muscles

Stretch muscle - Iliacus

Stretch muscle - Intercostals

Stretch muscle - Latissimus dorsi

Stretch muscle - Obliques

Stretch muscle - Pectoralis major

Stretch muscle - Pectoralis minor

Stretch muscle - Psoas

Stretch muscle - Rectus abdominus

Stretch muscle - Rectus femoris

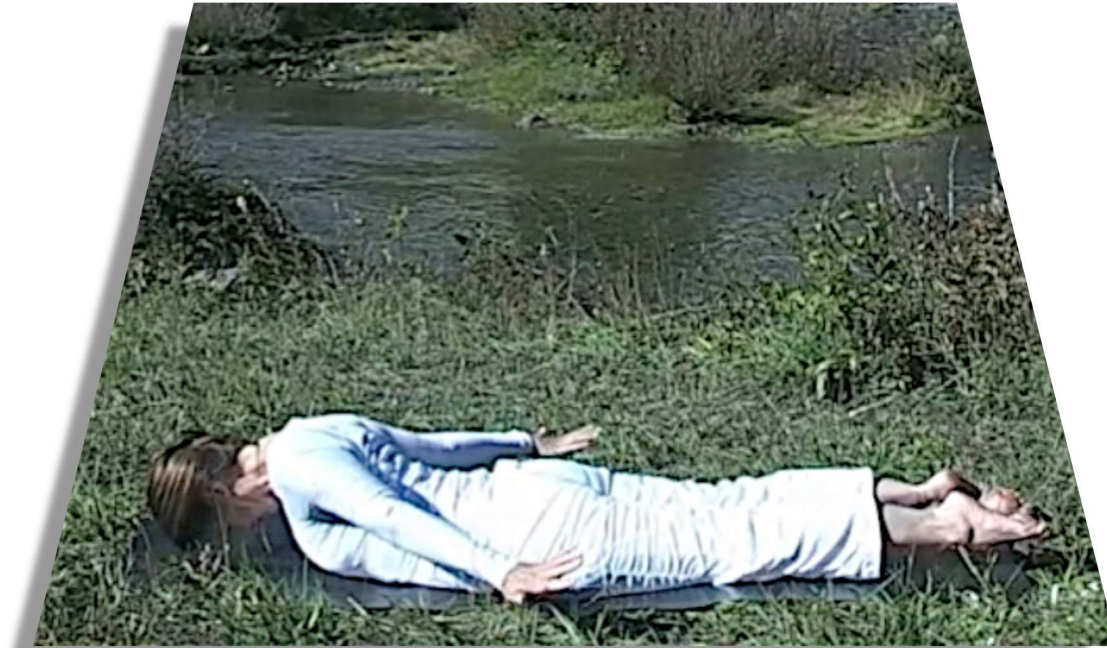
Stretch muscle - Supinators

Stretch muscle - Tensor fascia latae

Stretch muscle - Teres major

FOLLOW THESE INSTRUCTIONS

DOWNWARD BOAT



BEGIN BY DRAWING THE BELLY IN AND UP,
ANCHOR THE TAILBONE DOWN TOWARD THE
GROUND, SQUEEZE THE LEGS TOGETHER,
LIFT LEGS SLIGHTLY OFF OF THE GROUND,
LIFT SHOULDERS AND ARMS WITH THE
FORHEAD LIGHTLY ON THE GROUND, SLIDE
THE SHOULDER BLADES TOGETHER AND
DOWN THE BACK, ARMS CAN BE IN AIRPLANE

THOUGHT: THE GREATEST DANGER FOR MOST OF US IS NOT THAT OUR AIM IS TOO HIGH AND WE MISS IT. BUT THAT IT IS TOO LOW AND WE REACH IT. -MICHELANGELO

COBRA

Spinal strengthening and extension

DR. KIM'S COMMENT

The Cobra (shoulder flexion = 30 degrees) exercise information can also be used for the Sphinx (shoulder flexion = 90 - 120 degrees), the Updog (shoulder flexion = 10 degrees) and the Downdog/Turbodog (shoulder flexion = 150 degrees) . These yoga exercises are basically the same exercise with the shoulder at different angles of flexion. Reference "*The Therapy Bible for Cueing*" by Dr. Kim to understand this concept fully and how to cue it. All of the shoulder exercises mentioned can be done in standing against the wall or against a table to decrease the weight bearing load.

In all of these shoulder exercises the major cue is to "squeeze the elbows together as if squeezing a beach ball". This recruits and strengthens the external rotators of the rotator cuff: teres minor, infraspinatus and posterior deltoid. Every physical therapy shoulder program includes strengthening of the external rotators because they are almost always weak and their opposing muscle group (internal rotators) are super big and strong. There are not any functional activities where the external rotators are acting in a concentrically contracted fashion. Yet, all physical therapy external rotator strengthening exercises train them that way. They are stabilizers acting against internal rotation and thus, need to be strengthened in that manner. These exercises accomplish that well, if cued.

FOR YOUR NOTES

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Cobra: Body Part I - Lower extremity, Body Part II - Upper extremity, Body Part IV - spine, - Strengthen Core, - Strengthen Postural, - Strengthen Shoulder, - Strengthen Spiral, - Stretch Phasic, Postural Dysfunction - Flat, back pelvic tilt, Postural Dysfunction - Tucked, the cowboy, back pelvic tilt and shift, Postural Dysfunction - Twisted, the desk jockey, opposite hip and shoulder rotate forward; Strengthen - Adductor magnus, Strengthen - Biceps, Strengthen - Cervical spine muscles, Strengthen - Deltoids, Strengthen - Extrinsic foot muscles, TA, EDL, EHL, PL, PB, MS, G, TP, FHL, FR, Strengthen - Extrinsic hand muscles, wrist/fingers flexors and extensors, Strengthen - Gluteus maximus, Strengthen - Hamstrings, Strengthen - Infraspinatus, Strengthen - Intrinsic foot muscles, arch and toe muscles, AH, FHB, AH, ADM, FDM, ODM, L, QP, FDB, DI, PI, Strengthen - Obliques, Strengthen - Pronators, Strengthen - Quadriceps, Strengthen - Rectus abdominus, Strengthen - Rhomboids, Strengthen - Serratus anterior, Strengthen - Serratus posterior, Strengthen - Teres minor, Strengthen - Trapezius, Strengthen - Triceps, Strengthen - Vastus intermedius, Strengthen - Vastus lateralis, Strengthen - Vastus Medialis, Stretch - Cervical spine muscles, Stretch - Iliacus, Stretch - Intercostals, Stretch - Latissimus dorsi, Stretch - Obliques, Stretch - Pectoralis major, Stretch - Pectoralis minor, Stretch - Psoas, Stretch - Rectus abdominus, Stretch - Rectus femoris, Stretch - Supinators, Stretch - Tensor fascia latae, Stretch - Teres major.

ACCOMPLISHMENTS OF COBRA

Body Part I - Lower extremity

Body Part II - Upper extremity

Body Part IV - Spine

Postural Dysfunction - Flat, back pelvic tilt

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Fascial Meridian - Strengthen Shoulder

Fascial Meridian - Strengthen Spiral

Fascial Meridians - Stretch Phasic

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Strengthen Muscle - Gluteus maximus

Strengthen Muscle - Hamstrings

Strengthen Muscle - Infraspinatus

Strengthen Muscle - Intrinsic foot muscles, arch and toe muscles, AH, FHB, AH, ADM,

FDM, ODM, L, QP, FDB, DI, PI

Strengthen Muscle - Obliques

Strengthen Muscle - Pronators

Strengthen Muscle - Quadriceps

Strengthen Muscle - Rectus abdominus

Strengthen Muscle - Rhomboids

Strengthen Muscle - Serratus anterior

Strengthen Muscle - Serratus posterior

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Strengthen Muscle - Teres minor

Strengthen Muscle - Trapezius

Strengthen Muscle - Triceps

Strengthen Muscle - Vastus intermedius

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Strengthen Muscle - Vastus Medialis

Stretch muscle - Cervical spine muscles

Stretch muscle - Iliacus

Stretch muscle - Intercostals

Stretch muscle - Latissimus dorsi

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Stretch muscle - Pectoralis major

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Stretch muscle - Rectus abdominus

Stretch muscle - Rectus femoris

Stretch muscle - Supinators

Stretch muscle - Tensor fascia latae

Stretch muscle - Teres major

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FOLLOW THESE INSTRUCTION

COBRA

BELLY PULLS IN/UP,
SQUEEZE A BEACHBALL
BETWEEN YOUR
ELBOWS, BLADES
REACH TOWARD HIPS,
PRESS DOWN FROM
FINGER TIPS TO
ELBOW, PULL HANDS
TOWARDS HIPS, THEN
SLOWLY RISE UP, EVEN
CONTRACTION ON
BOTH HALVES OF THE
BACK, RIB CAGE
REACHES FORWARD AS
HANDS PULL BACK,
EXHALE AS YOU RISE,



EASIER: SPHYNX

CHALLENGING: UPDOG
elbows bent/in

THOUGHT: A JOURNEY OF A 1000 MILES BEGINS WITH A SINGLE STEP. -