Power Yoga and Sports

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Who, What, Where, & Why About Yoga?

- Yoga is an ancient philosophy of life as well as a system of exercises that promotes the balance in the body physically, mentally, emotionally, & spiritually
- Yoga means to join or "yoke" together the mind, body and spirit
- The ultimate goal of yoga is to achieve a state of balance and harmony

Who, What, Where, Why About Yoga (continued)

- Practiced as early as 5,000 years ago
- Primal drawings walls of caves in the Indus Valley in Northern India
- Yoga introduced to the U.S. in 1893
- Hatha Yoga is one of the oldest forms of yoga & most common form of yoga in the U.S.
Who, What, Where, Why About Yoga (continued)

There are many types of yoga:

- **Hatha** - encompasses nearly all types of modern yoga. Typically basic and classical approach to yogic breathing exercises and postures.
- **Iyengar** - Encourages props like straps, blocks and harnesses to help you move more perfectly into postures, precise alignment and deliberate sequencing
- **Ashtanga** - Six established and strenuous pose sequences, movement is rapid, flowing form one pose to the other with inhale/exhale i.e. vinyasa flow
- **Kundalini** - constant movement and invigorating poses, this practice is intended to release the kundalini (serpent) energy in your body
- **Anusara** - similar to iyengar allowing students to guide themselves to their own ability
- **Bikram** - 105 degree sauna like room performing a series of 26 poses twice
- **Power** - athletic style adapted from ashtanga, different sequences, lots of vinyasa flows.

Benefits of Yoga

- Aids in Circulation
- Tones Organs
- Frees Breathing
- Is Cleansing
- Boosts Self-Esteem
- Improves Muscle Tone, Flexibility, Strength, & Stamina
- Lowers Blood Pressure
- Reduces Stress & Tension
- Improves Concentration & Creativity
- Creates Spirituality
- Lowers Fat
- Simulates Immune System
- Creates Sense of Well Being & Calmness
- Reduces Stress
- Boosts Self Esteem
- Improves Muscle Tone, Flexibility, Strength, & Stamina
- Lowers Blood Pressure
- Reduces Stress

Elements of Yoga

- **Asanas** = Poses
- **Pranayama** = Breathing
- **Kriyas** = Cleansing Process
- **Vinyasa** = Breath-synchronized movement
**Washington State University Research**

- 102 Patients (Ages: 18-60)
- Therapeutic Intervention of Cervical Spondylosis
  - DJD of Cervical Spine
  - Nerve Root Irritation
    - Neck Pain
    - Brachial Neuralgia
    - Vertebobasilar Insufficiency
- Performed specific Asanas twice daily for 8 weeks
  - Re-Assessment of Pain after 8 weeks
  - 100% of Patients reported "NO PAIN"

**Research:**

**Carpal Tunnel Syndrome**

- 42 Patients
  - Randomized
- Assessment of Pre/Post Therapy
  - Grip Strength, Pain Intensity, Sleep Disturbance, Phalen's Sign, Tinel's Sign, & Median n. motor & sensory conduction time were measured
- Results
  - Significant Improvements: Grip Strength, Phalen's Sign, & Reduction of Pain
  - Slight improvement was seen in other symptoms as well

**Research:**

**Hypertension**

- Pilot study on Baroreceptor Reflex
  - 20 Male Patients
  - Patients discontinued drug therapy
  - Group I – Tilt Table
  - Group II – Yoga Poses
  - 30 minutes Daily for 3 weeks
- Assessment Measurements
  - BP, Blood Catecholamines, & Plasma Renin Activity
- Results
  - Significant Reduction (P <0.001)
Who Does Yoga?

- High School Student Athletes
- Collegiate Athletes
  - Small Schools to Big Division I
- Weekend Warriors
- Professionals
  - Baseball
  - NBA
  - Football
  - Golfers

Why Yoga for the Athletes?

- Deep Relaxed Breathing
  - Decreases Performance Anxiety
  - Improves Concentration
- Increase in Core Strength
- Improves Balance & Coordination
- Increase Flexibility & Range of Motion
  - Relieves Muscle Tension
  - Improves Performance
- Another Way to Cross Train
Not Just for Athletes, but also for YOU!

- Many Types & Styles of Yoga
- Dynamic & Active
- Vinyasa Flow & Aerobic
- Slow & Isometric
- Muscle Tone
- Strength Building
- Balance & Coordination
- Improves Your Health
- Better Quality of Life

Sun Salutation

- Mountain Pose
- Forward Fold
- Plank
- Tricep Push Up
- Cobra
- Upward Facing Dog
- Downward Facing Dog
- Warrior One
- Warrior Two

Mountain

Tadasana
Mountain
Tadasana

Plank

Plank
Cobra
Bhujangasana

Upward Facing Dog
Urdhva Mukha Svanasana
Downward Facing Dog
Adho Mukha Svanasana

Warrior I
Virabhadrasana I

Warrior I
Virabhadrasana I
Warrior I
Virabhadrasana I

Warrior II
Virabhadrasana II
Triangle
Utthita Trikonasana

Triangle
Utthita Trikonasana

Triangle
Utthita Trikonasana
Triangle
Utthita Trikonasana

Questions?

Namaste
BIG THANKS TO
TIFFANY CHOY!

References

- E. Quinn (2005), *Yoga for Athletes*, [www.about.com](http://www.about.com)