

Care Plan JR82453

Revised 6/25

Begin: Check-in general and HW

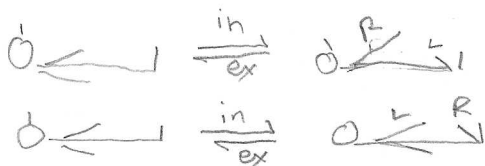
Breath client is supine (for now) get symmetrical and no pillow. Begin watching then learning to inhale fully and exhale Deepen and lengthen, IN fully top down EX engage low abdominal m bottom up. Learn to control a slower breath. Develop pranayama incl. psychic NS. Each session breath will be used and developed.

Pranayama allows access to the physiological being. Very important with a client who has limited movement.

Asana practice

IN: Flex R Ankle lift L arm EX lower IN: Flex L Ankle lift R Arm

-work towards this cross-body work with breath



Cervical Movements with breath

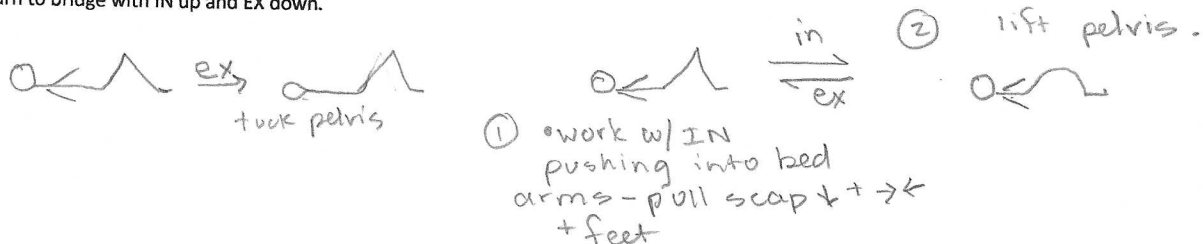
EX rot to L IN to C other side, EX flexion IN lift chin up just past neutral, EX lat flex to R IN to C opp side



Bridge Modified He does a tail tuck version with PT

1st do the tail tuck version with exhale.

Learn to bridge with IN up and EX down.



Add more as he develops knowledge and strength.

Guided Imagery, Nidra, body scan Emphasize sensory, noticing body parts.

Goals: 60 yr old CHF and Guillain Barre L sided paralysis, weakness and pain R sided weakness

Enhance breath to affect physiology, Cross body and breath to affect neuro system

Encourage daily pranayama

Work with movement and breath to enhance dharana

I am getting to know him better to bring him yoga philosophy that is tailored to where he is at and bring lessons that are applicable. As a generally kind soul and one who has worked with philosophy, Buddhist philosophy and other wisdom areas. Work with **Jnana yoga** with teachings from Yogic sources.

Koshas

Annamaya - Covered with movement

Pranamaya - So much here with all of his stuckness, pooling, and pain. Breath and movement

Manomaya - address with learning new concepts in yoga and using concentration to do the practice.

Vijnanamaya - expand wisdom with teachings and connecting his guided imagery to that learning. He has studied and other wisdom teachings ie Buddhism.

Anandamaya - I believe all the work when it's done in practice particularly alone-brings us closer to Anandamaya.