

Client: CR | Proposed # of Sessions: 10

Planned time per session: 75 minutes

Presenting Problem – 74-year-old man seeking support for knee injury and a neck condition, Dropped Head Syndrome (DHS). In addition, client has high blood pressure and Atrial Fibrillation, which are both managed with medication.

Client Goals – The client's primary goal is to obtain support for his knee injury and neck condition.

Physical / Energetic Kosha – Client has limitations with standing up and balance due to his knee injury and DHS.

Chair-based Hatha Series for overall physical awareness and to build Range of Movement and to counter kyphosis / DHS by strengthening upper body and cultivating posture awareness. Basic series for upper body strengthening to include Cat/Cows, simple twists, side stretches, shoulder rolls, etc. In addition, working with a yoga strap – arm lifts, twists, etc. to build ROM in upper body, arms and shoulders while improving posture.

Balancing – working with a chair – alternating leg lifts to build balance and squats for strengthening upper leg muscles.

Pranayama – to promote relaxation, breath and body awareness. Diaphragmatic breathing for 3 to 5 minutes.

Emotional / Mental –

Raja Yoga – Sutra 1.2 – *“The restraint of the modifications of the mind-stuff is Yoga.”*

Brief discussion regarding this key Sutra relative to client's intention to manage his anxiety. Followed by a discussion re cultivating his Inner Witness enabling him to step back and observe his thoughts. One possible technique - label anxious thoughts to create space to redirect his thoughts. Knowing that all thoughts come and go, we'll discuss the nature of impermanence and his True Nature / identity, which is not his thoughts.

This will serve as basis for a brief guided meditation regarding 'Chitta' and the nature of waves of the mind that come and go. He is the Ocean and the Waves are a part of it, but not his True Nature, which is Peace.

Spiritual Orientation –

Client states he's a 'recovering Catholic' and appreciates the values that were instilled upon him growing up. Has no regard or interest in organized religion. If anything, he seems to ascribe to Stoicism.

Grounding Practice - beginning with a Sankalpa of his choosing, we will practice the Lovingkindness Meditation for 3 to 5 minutes.

Scientific Research –

Client was diagnosed in 2019 with Dropped Head Syndrome (DHS), which is by severe weakness of the neck extensor muscles causing kyphosis of the cervical spine. This is a complicated and disabling condition, which often results in surgery. DHS is often associated with various neurological and neuromuscular conditions, including Parkinson's, Lou Gehrig's and Myasthenia gravis. Client states he hasn't been assessed or diagnosed with any related conditions or comorbidities. A multi-disciplinary approach is typically offered due to the complex nature of this condition.

[\(Dropped Head Syndrome: diagnosis and management. Allan R. Martin, Rajesh Reddy & Michael G. Fehlings. EBSJ, Evidence-Based Spine-Care Journal, May 2011\).](#)

Wisdom Research –

Yoga Sutra 2.15. "Everything is painful due to fear of losing what is gained, renewed cravings, and the fluctuations of the Gunas that control the mind."

We will discuss the Gunas to support the client in assessing his current state throughout the day. Doing so, will help cultivate his Purusha so that he can make mindful choices given his current circumstances and energetic state. From there we'll discuss the nature of Aparigraha, or impermanence – how thoughts and feelings come and go, like the rising and falling of the breath.

"Aparigraha is impermanence. Everything changes. Nothing stays the same. If we can fall back to the breath and watch the belly rise and fall with each inhalation and exhalation, we can feel the truth of the transience of all things."

- The Yamas & Niyamas, by Deborah Adele

Lifestyle Practice –

Santosha – finding contentment, pleasure and even joy by reconnecting with his creative self through music. Client has several 'dusty' guitars and other instruments throughout his home. We'll discuss the importance of connecting with his creativity for a more balanced and enjoyable daily life.