

FA Care Plan

Your Name - Jeannie Greene

Your Email - jeannietgreene@gmail.com

Mentor - Sarala Sue Evans

Client Initials or Group Name (and location of sessions) - FA

Category (*individual or group*) - Individual

Proposed Number of Sessions - 8

Planned Time per Session - 75 minutes

Please provide thorough & concise information below. Your care plan should be approved by your mentor, with any amendments they suggested, prior to starting your Yoga Therapy sessions beyond the intake session.

Presenting Problem (*2 sentences max*) - Main health concerns: hospitalization in 2023 due to Atrial fibrillation, balance and mobility concerns. History of broken arm that was not treated. Additional concerns: pins and needles a little in the morning, reduced flexibility, tension in upper back, shoulders and neck

Client Goals (*2 sentences max*) - Client wants to be able to become stronger to not use a cane and regain his balance. He wants to gain his flexibility back and relieve his upper back, shoulder tension.

Physical/energetic kosha assessment and care plan (Including off the mat) - Shallow breathing, rounded upper back, Unable to raise arms overhead, tight hamstrings. Poor balance. Unable to sit on the ground.

Plan: Seated - Breathing - work toward lengthening the breath with even inhales and exhales. Posture awareness. Feeling feet on the ground, lengthen the spine, sitting nice and tall. Shoulder rolls/neck lengthen to side and turn to look over shoulder
Cross body stretch and twist. Seated cobra. Yoga strap around feet. Leg lifts and leg extensions.

Plan: Notice his seated posture. Feeling feet on ground, elongating the spine, shoulders back. Try not to sacral sit with shoulders rounded and hunched forward. Shoulder rolls and daily leg lifts.

Emotional/mental kosha assessment and care plan (Including off the mat) - FA was alert and had a clear mind. He states that he is grateful for his wife for all that she does for him. We ended class with a meditation of gratitude for his wife. Had him picture her in her mind and had him give her thanks, love and kindness.

Karma yoga - do something selfless for someone else. ex. Bring your wife a cup of coffee without expecting anything in return. I chose karma yoga because he says his wife is his rock and when he was sick, she was there.