

Intern Name

Client Plan: Client Name S.W.

Proposed number of sessions: 4

Planned time per session: 1 hour

Session topic/content: improved mobility and improved mood

Presenting problem:

56 yo female had a stroke one year ago this left her in a wheelchair and her left side paralyzed

Client goals:

improved mobility and improved mood

Generalized Care Plan:

Asanas/Annamayakosha:

1. Asana mobilizing her left fingers with her right hand to release spasticity
2. Asana interlacing her fingers so the right hand can guide the left hand and help with arm raises
3. Asana with the hands interlacing moving towards the right and the left side for a spinal twist

Pranayama/Pranayamakosha: deep breathing to fill her lungs fully increase the oxygen in her body to help with fatigue

Emotional & Mental/Manomayakosha:

Her tendency is tamasic, in order to increase her energy I will work with the breath , back bends for example cat cow. Also take a look at her eating habits

Spiritual Orientation:

An exploration of what makes her happy since she does not identify any spiritual interests

Scientific Research:

Benefits of yoga after stroke

Yoga and Mindfulness as Therapeutic Interventions for Stroke Rehabilitation: A Systematic Review

[Asimina Lazaridou](#)^{1,2}, [Phaethon Philbrook](#)^{1,2}, [Aria A Tzika](#)^{1,2},

Yoga philosophy research:

The kleshas in the yoga sutras of Patanjali to overcome the suffering

Citation and logic

For the first few at home assignments, I would recommend the following (adding one or two per session):

Recommend:

1. Incorporate deep breathing into daily routine
2. Incorporate the above mentioned asanas into the daily routing
3. Incorporate tense and release relaxation with guided meditation before bedtime