

Intern Name Tanja Kees
Client Plan: Client Name S.S.

Proposed number of sessions: 4

Planned time per session: 90 minutes

Session topic/content: low back pain and anxiety

Presenting problem:

S.S. presents with low back pain and anxiety that has started recently while driving.

Client goals:

She wants to decrease her back pain and her anxiety

Generalized Care Plan:

Asanas/Annamayakosha:

1. Cat cow to improve client's flexibility in her spine
2. Forward bend (janusirshasana) to stretch her hamstrings and the lumbosacral region, forward bends are calming
3. Mountain pose to help with grounding

Pranayama/Pranayamakosha:

3 part deep breathing to help with anxiety

Emotional & Mental/Manomayakosha:

S.S. has an increase of anxiety due to a vata imbalance, I suggest grounding poses, stabilizing poses and repetition.

Spiritual Orientation:

1.13 Effort towards steadiness of mind is practice.

Scientific Research:

Yoga for anxiety: A systematic review and meta-analysis of randomized controlled trials

[Holger Cramer](#) ¹ ², [Romy Lauche](#) ², [Dennis Anheyer](#) ¹, [Karen Pilkington](#) ³, [Michael de Manincor](#) ⁴, [Gustav Dobos](#) ¹, [Lesley Ward](#) ² ⁵

Affiliations expand

- PMID: 29697885 DOI: [10.1002/da.22762](#)

Yoga philosophy research:

The secret power of yoga by Nischala Joy Devi

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

Recommend:

1. Incorporate 3 beat deep breathing into daily routine,
2. Incorporate 15 minutes of asana into the beginning of the day, for example mountain pose and cat cow..
3. Incorporate reading of a spiritual text before bedtime