

## **MMa - Care Plan**

### **Objectives and Planned Interventions**

Objective 1: Improve knee comfort, strength, and confidence in daily movement

*Planned interventions:*

- Gentle, joint-friendly strengthening for the knees, hips, and ankles
- Functional movement training (sit-to-stand, weight shifting, supported balance)
- Use of props (chair, wall, blocks) and pain-sensitive pacing
- Education around safe range of motion and listening to physical cues

Objective 2: Support nervous system regulation and pain-related stress management

*Planned interventions:*

- Slow, accessible breathing practices with emphasis on a longer exhale
- Brief relaxation practices integrated into movement and rest
- Simple breath practices prescribed for daily use to support calm and steadiness

Objective 3: Cultivate self-awareness, pacing, and self-compassion

*Planned interventions:*

- Gentle inquiry around effort, rest, and internal experience
- Integration of ahimsa (non-harming) and santosha (contentment) as guiding principles
- How does over-extending in the body relate to over-extending in her personal life with boundaries and caretaking?
- Encouragement of rest as a skill and choice rather than a limitation

### **Rationale for the Care Plan**

This care plan is designed to address MM's knee discomfort while supporting her as a whole person. Chronic joint pain can affect physical mobility, confidence, emotional well-being, and nervous system regulation. A yoga therapy approach offers individualized, low-impact movement combined with breathwork and mindful awareness to support pain management, functional strength, and emotional resilience.

An important focus of this work is bringing awareness to patterns of overextension, both in the body and in daily life. Physically, MM may push past early signs of fatigue or discomfort, particularly around her knees, which parallels a long-standing tendency to overextend herself through caretaking and prioritizing others' needs. By gently exploring these patterns through movement and breath, the care plan supports pacing, choice, and self-compassion.

Emphasis is placed on safety, accessibility, and sustainability, reframing rest and moderation as strengths. Through gradual, integrated work across the physical body, breath, and awareness, this approach supports improved quality of life rather than symptom management alone.

## **Four-Week Care Plan**

### Week 1: Establishing Safety and Foundations

Session focus:

- Gentle assessment of comfortable knee range of motion
- Introduction to chair-based and supported standing movements
- Slow breathing with awareness of ease and effort

Home practice:

- 5–7 minutes of gentle movement (seated leg extension, ankle mobility)
- 2–3 minutes of slow breathing with longer exhale
- Reflection prompt: “What does my body need today?”

### Week 2: Building Strength and Awareness

Session focus:

- Light strengthening for hips and thighs to support knee stability
- Sit-to-stand practice with attention to alignment and breath
- Introduction of ahimsa as a guiding principle for effort

Home practice:

- 7–10 minutes of movement, 3–4 days/week
- Daily 3-minute breathing practice
- Reflection prompt: “Where can I soften instead of push?”

### Week 3: Balance, Confidence, and Pacing

Session focus:

- Supported balance work and weight shifting
- Continued strengthening with emphasis on pacing and rest breaks
- Discussion of noticing early signs of fatigue or strain

Home practice:

- Short balance practice near a wall or chair
- Continued breathing practice
- Reflection prompt: “How does my body respond when I slow down?”

### Week 4: Integration and Sustainability

Session focus:

- Review of practices that feel most supportive
- Gentle flow between seated and standing movements
- Introduction of simple relaxation or guided rest

Home practice:

- Personalized 10-minute practice combining movement and breath
- Optional gratitude or contentment reflection
- Reflection prompt: “What feels easier now than it did four weeks ago?”

## **Reflections from the Lens of the Yoga Therapist**

Throughout this care plan, my role is to create a sense of safety and trust for MM, both physically and emotionally. I remain attentive to signs of guarding, fatigue, or over-effort, adjusting practices in real time to maintain containment and ease. I consciously prioritize pacing over progress and emphasize choice and autonomy in every session.

Rather than focusing on fixing pain, I support MM in building confidence in her body and learning to respond to discomfort with curiosity and compassion. This work requires patience, presence, and respect for MM's lived experience, and I view each session as an opportunity to reinforce self-trust and resilience rather than achievement.