

Client Mark Proposed Care Plan

Your Name

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Submission Date

9/10/2024

Session Date

9/05/2024

Mentor

Sue Evans

Client Initials or Group Name (and location of sessions)

Mark, his home

Category (*individual or group*)

Individual

Proposed Number of Sessions

4

Planned Time per Session

90 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*)

Mark is a 66-year-old man, realtor, married, who has Parkinson's disease, depression, anxiety, stress, wrist and rib injuries, and poor quality of sleep (between 2 am and 9 am), high cholesterol, pre-diabetes.

Client Goals (*2 sentences max*)

Relief of physical, mental and emotional stress.

Physical/energetic kosha assessment and care plan (Including off the mat)

"Practices that involve sound (chanting, playing, listening, and moving to music, singing, drumming, and kirtan). Music therapies can be effective in gait training by providing a steady rhythm for gait and stride. Simple rhythmic movements around a room, or shifting from one foot to the other and alternating arm swings while sitting in a chair are staples of PD yoga classes. Movement with music has also been shown to improve endurance, range of motion, strength, and hand coordination. These effects are enhanced when the movements cross the midline of

the body (think eagle arms or self-hugging, touching opposite ear, or crossing hand to opposite knee in a seated twist) due to the brain hemisphere coordination required in these actions. Rhythm awareness (working with breath ratio, moving to the rhythm of the breath, or kriyas (yoga actions with specific intention, usually performed to repetitively prescribed tempos). This might include alternate nostril breathing with a 3:3:3 ratio (inhale 3, hold 3, exhale 3) or moving the arms up for a count of four, out for a count of four, and down for a count of four.”

<https://yogainternational.com/article/view/yoga-therapy-and-parkinsons-disease>

He plays the drums as a hobby, and rehearse with a band. Music would be an easy way for him to access healing.

Movements that can be done on the floor or in bed to help with morning stiffness:

Lateral stretches and gentle hamstring warm-ups (like apanasana, knees-to-chest pose, to supta padangusthasana, supine hand-to-big-toe pose).

Session “should be fun and mobile.” They already have enough stress and rigidity.

“Starting with dynamic movement is especially helpful for tight muscles (a common symptom of PD) because these movements are warming and help the loosening process.”

“Uttasana (standing forward bend) helps elongate the middle and lower back while stretching the hamstrings. Because of its meditative nature, this pose may also help with stress and anxiety.”

<https://briangrant.org/how-gentle-yoga-work-wonders-for-parkinsons/>

A session should use:

- Starting with dynamic movements, breath awareness and music.
- Standing chair Sun salutations (to relieve tension and improve “Muscle Strength, General Body Endurance, and Body Composition”)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3289222/>

- Anjali Mudra and Kali mudra on sun salutation (to help with hand articulations)
- Joint freeing exercises (mobility)
- Asanas for the core for stability and posture: “utkatasana (chair pose), modified navasana (boat pose), or variations of salabhasana (locust), to aid in countering the rounding shoulders and forward head that often accompany PD.”
- Asanas for flexibility (pashimotanasana, hamstring stretches)
- Savasana
- All done in the integral yoga sequence.

Diet

A new study finds Parkinson's disease may begin in the gut, which means he needs to have a wholesome diet, which will help with his constipation too.

<https://www.cbsnews.com/boston/news/study-parkinsons-disease-may-begin-gut/>

Emotional/mental kosha assessment and care plan (Including off the mat)

Practices on the mat/chair:

- **Abdominal Breathing:** breath awareness and 3-part breath to begin sensing the breath and the body.¹ This practice can help relieve stress and anxiety.
- **Progressive relaxation:** to reconnect with her peaceful center, releasing stress.
- Guided Meditation concentrating on the breath, with imagery (inhale and exhale a word that elevates him, like peace or calm.)
- Pranayamas per session: 1st session: 3 part breath, 2nd: alternate nostril breathing, 3rd: uddiyana bandha/agni sara, 4th breath of joy²

Sessions 1 and 2 pranayamas to calm down the rajasic energy, sessions 3 and 4 to balance nervous system and lift from depression. He can choose and use each when he feels like too rajasic or too tamasic.

About the pranayamas for dysthymia (3 and 4):

At first, the pranayamas begin in a sitting position and the last session in a standing position, when we built more stamina and feel-good hormones in the previous sessions.

- **Uddiyana Bandha and Agnisara**

Good for digestion and elimination which can be compromised with stress and PD. Integral Yoga has this practice. When performing those bandhas, one needs to exhale completely, which is good for parasympathetic and vagus nerve activation. It can take the practitioner to a state of calm after the practice. Cristopher Bergland in *Psychology Today* wrote:

“Just two minutes of deep breathing with longer exhalation engages the vagus nerve, increases HRV, and improves decision-making.”³

- **Breath of joy:** This is given on the last session more as a gift to take home.
- The benefits are amazing: *“The practice counters the shallow upper chest breathing of anxiety by inviting the breath to fill every milliliter of the lungs. Like a strong bright wind, it also sweeps away the sluggishness of depression and infuses the mind with a serene sense of clarity.”⁴*

¹ Research has shown that slowing down and deepening our breath shifts us from the stress response to the relaxation response; this slows the heart, normalizes blood pressure, increases blood flow to the digestive system, deepens sleep, increases energy, focus, concentration, and memory—optimal breathing not only helps prevent or cure disease, it raises performance levels in school and sports. (Loehr, J. E., Agel, J., & Migdow, J. A. (1999). *Breathe In, Breathe Out* (1st ed., p. 3). Time-Life Books.)

² Weintraub, A. (2004). *Yoga for depression* (1st ed., pp. 145-149). Broadway Books.

³ Bergland, C. (n.d.). *Longer Exhalations Are an Easy Way to Hack Your Vagus Nerve*. Psychology Today. <https://www.psychologytoday.com/us/blog/the-athletes-way/201905/longer-exhalations-are-easy-way-hack-your-vagus-nerve>

⁴ Weintraub, A. (n.d.). *Breath of Joy*. Yoga International. <https://yogainternational.com/article/view/breath-of-joy/>

- It can be done with a bija (seed) mantra too. If there's time I would like to teach him this version:
- *"As you lift your arms out in front of you, silently inhale the sound of va; as your arms move to the side, intone the syllable ra; with arms overhead, the sound is ya. Finish by exhaling completely as you speak the sound of ha out loud."*⁵

Off the mat:

- Journaling: Journaling every day about his fears, bravery, and any other thing that comes to mind. It can even be just a word, it doesn't need to be long.
- Better sleep: He will listen to a recorded progressive relaxation for 10 minutes before sleep time.

Spiritual orientation and support plan (Including off the mat)

He was raised Jewish, but he doesn't go to synagogue. He likes to connect with nature. The imagery for guided meditation can be related to nature.

Scientific research reference, integration plan for sessions

Gandolfi MG, Zamparini F, Spinelli A, Prati C. *Āsana* for Neck, Shoulders, and Wrists to Prevent Musculoskeletal Disorders among Dental Professionals: In-Office Yóga Protocol. *J Funct Morphol Kinesiol*. 2023 Feb 20;8(1):26. doi: 10.3390/jfmk8010026. PMID: 36810510; PMCID: PMC9953400.(2015, April 11). *6 ways to control neck pain*. Harvard Health Publishing. <https://www.health.harvard.edu/mind-and-mood/6-ways-to-use-your-mind-to-control-pain> (n.d.) This article talks about breathing practices and mindfulness as a way to relaxation response. I sent this link to my client.

(n.d.). *The Mental Health Benefits of Journaling*. Psychcentral.

<https://psychcentral.com/lib/the-health-benefits-of-journaling>

I sent this link to my client too. It shows studies of how journaling can help anxiety, depression and trauma.

The Michael J. Fox Foundation for Parkinson's research

<https://www.michaeljfox.org/>

Medication:

About Hydroxyzine

<https://www.singlecare.com/blog/hydroxyzine-for-anxiety/>

About THC

<https://www.parkinson.org/living-with-parkinsons/treatment/medical-marijuana>

About Rytary

<https://www.webmd.com/drugs/2/drug-167580/rytary-oral/details>

⁵ Weintraub, A. (n.d.). *Breath of Joy*. Yoga International.

<https://yogainternational.com/article/view/breath-of-joy/>

Stress Management for PD

<https://www.parkinson.org/library/fact-sheets/stress>

About PD

<https://www.mayoclinic.org/diseases-conditions/parkinsons-disease/symptoms-causes/syc-20376055>

The Effects of Yoga on Patients with Parkinson's Disease: A Meta-Analysis of Randomized Controlled Trials

<https://pubmed.ncbi.nlm.nih.gov/34285724/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8275425/pdf/BN2021-5582488.pdf>

Effects of Mindfulness Yoga vs Stretching and Resistance Training Exercises on Anxiety and Depression for People With Parkinson Disease

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6583059/>

Bradykinesia

<https://my.clevelandclinic.org/health/symptoms/bradykinesia>

For broken/bruised ribs

<https://www.webmd.com/a-to-z-guides/best-exercises-broken-ribs-recovery>

Anxiety depression scale (DASS-21)

<https://maic.qld.gov.au/wp-content/uploads/2016/07/DASS-21.pdf>

Pain scale

<https://health.mil/Reference-Center/Publications/2021/05/10/PHCoE-PCBH-Defense-and-Veterans-Pain-Rating-Scale-508>

Mantra meditation for mental health:

https://www.sciencedirect.com/science/article/pii/S1876382018304591?ref=pdf_download&fr=R-R-2&rr=8799c2579c35ad9b¹

Vagus nerve

<https://www.psychologytoday.com/intl/basics/vagus-nerve>

Kirtan Kriya:

<https://alzheimersprevention.org/research/kirtan-kriya-yoga-exercise/>

https://alzheimersprevention.org/downloadables/White_Paper.pdf

Joint freeing exercises

<https://www.annswansonwellness.com/blog/joint-freeing-series>

3 part breath

<https://youtu.be/OI055S7g7Xs?si=kFsN4Oc6-IEopCXX>

Books:

Yoga and Parkinson's disease, a journey to health and healing. Peggy Van Hulstein.
Demoshealth, NY.
Therapeutic Yoga, Cherry Clampton, Mithoefer.
McGonigle, A. (2023). The Physiology of Yoga : An evidence based look at how yoga effects health and well-being. DK.
Swanson, A. (2019). Science of Yoga : Understand the anatomy and physiology to perfect your practice. DK.
I. Y. (2021). *Stress Management Teacher Training* (14th ed.). Satchidananda Ashram - Yogaville.
Loehr, J. E., Agel, J., & Migdow, J. A. (1999). Breathe In, Breathe Out (1st ed., p. 3). Time-Life Books.
Weintraub, A. (2004). *Yoga for depression* (1st ed.). Broadway Books.

Yoga philosophy/wisdom research reference, integration plan for sessions

Assessment: Our true nature is experienced in a calm mind state (citta-prasādanam). Yoga can help (Yogas Citta Vritti nirodha).

Session 1: Pratipaksa Bhavana

Session 2: The 5 kleshas not only create suffering but prevent us from living in peace and harmony with others and ourselves. It is very important to talk about the kleshas and how to overcome them with this group, because they are a great source of stress, anxiety, and depression.

Session 3: 4 locks and 4 keys

Session 4: Recognizing our true essence: SAT – CHIT – ANANDA

(Upanishads)<https://www.sanskritimagazine.com/sat-chit-ananda-philosophy-upanishads>