

Proposed Care Plan: Michael H

Please get your completed intake form from your first client or group and assess the information. Next conduct your oral intake/assessment session. Create your care plan. Then fill in this form:

Lil Harris

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Planned Session Date: 27 March 2024 Intake & Assessment: 20 March 2024

Mentor: Brahmi Romero

Client: Michael H

Session Type: Individual

Proposed Number of Sessions:1 Planned Time per Session: 90

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)

Daily Michael deals with mild pain (1 out of 10) discomfort in his neck and right lower back (region of the quadratus lumborum), moderate discomfort after both knees replaced (3 out of 10 - up to 8 out of 10 when aggravated), and moderate discomfort in his shoulders (2 out of 10).

Client Goals (2 sentences max)

Michael's goals are to increase and maintain flexibility and mobility.

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

Michael has a consistent exercise routine of 3 sessions/week of strength training and cardio. Despite persistent pain Michael moves well, with no marked imbalance in his gait. He also practices T'ai Chi as a moving meditation and prays 3 times/day. He has always been energetic and active - in both body and mind - and only feels discomfort from having both knees replaced when he is sitting for too long and at night, waking up multiple times every night to change position, though quickly falling back asleep. He does sleep with a small pillow between his knees/thighs, but has found attempting to elevate his feet while supine does not improve his sleep.

My plan is to introduce him to Surya Namaskar as a practice he could incorporate into his week - even daily if he chooses. I guided him through two rounds at the end of our assessment and he immediately mentioned he could incorporate it after his T'ai Chi. I would like to show him how he can adjust the tempo of the practice, taking as much time as he would like in each asana to explore the sensations in his body, breath, thoughts and emotions. I will also encourage him to explore a short practice of Viparita Karani with breath awareness as a way to close out his exercise sessions during the

Commented [CR1]: Good introduction of Hatha, Bhakti and Raja in your plan.

Commented [CR2]: Which knee surgery was in 2022? If Left, this may be why Right sacral pain. Have you done a sacral assessment? Have your client stand equally balanced on both legs. Have the client lift one foot off the floor by bending the knee. Check to see if the pelvis stays level or one side drops. Check other side. It is also possible with both feet down, there is an easily seen imbalance in the sacrum.

Commented [CR3]: You don't say so here, but be sure to include a centering practice to begin your sessions.

Commented [CR4R3]: Strongly encourage introducing to Netra Viyayamam. The benefits to body and mind are great. This is an important, holistic part of Integral Yoga Therapy. It is used in many Veterans programs to help with PTSD for its relaxing effect on the mind. This practice should be introduced to all clients.

Commented [CR5]: In practicing Viparita Karani, check the positioning of the feet. Often pre-knee replacement the legs bow, so inner legs may need lengthening, outer legs strengthening. In Viparita Karani, with soles toward ceiling pull little toe sides of feet down, lifting up through inner ankle. Hold like this for a time, perhaps building up from a minute to three to five minutes, and then relax in the pose for continued benefit.

week, as a way to intentionally rebalance from his rajasic/sympathetic dominant training before leaving the gym.

I would also like to explore some reclining postures to support healthy movement of the hips, such as Supta Padangusthasana - supported with a strap, and adding abduction and adduction, as well as Supta Kapotasana (as Kapotasana is not comfortable with either knee for him).

He suffered a shoulder/rotator cuff injury during his military service (he was unloading a truck and dropped an ammo box on his shoulder) for which he did not seek treatment at the time, therefore it has not been covered by his VA disability rating. His medical providers advised that as it happened so long ago and there is so much scar tissue, any surgical repair is not advised. I did introduce him to Dr. Fishman's modified headstand at the wall, and he is interested in practicing it further.

On breath assessment Michael breathes well, and easily takes a deep diaphragmatic breath. I will offer Nadi Shodhana to add to his self-care toolbox to continue to find balance across his koshas.

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

Michael describes himself as "an excellent compartmentalizer," which served him well during his military service. He states he learned to "let things go," choosing to be as fully present in each moment as he can be. Despite the diagnosis of "rage," he feels he manages his stress well. During our session I saw no evidence of excess rajas or tamas. I will share with him the Locks and Keys (Sutra 1.33) just to give him a different lens through which to look at how we "let things go" in our relationships with others and ourselves.

Spiritual orientation and support plan (Including off the mat)

His statement of "Life is fleeting, do right, be kind, live life with honor" does indeed echo Swami Sivananda's teaching: "Serve, Love, Give, Purify, Meditate, Realise; Be good, Do good, Be kind, Be compassionate." I found a great overview of his teachings to share, which Michael can pursue further if interested. As he prays 3 times per day, I also want to share my mentor Brahmi's resources of Prayer and Yoga and the embodied Lord's Prayer, as he can integrate this with his practice of Surya Namaskar.

Scientific research reference, integration plan for sessions

"Yoga based maneuver effectively treats rotator cuff syndrome." - <https://www.researchgate.net/publication/232126161>

Yoga philosophy/wisdom research reference, integration plan for sessions

Commented [CR6]: From here you can have him keep legs in this position and introduce a supine spinal twist, another important practice to bring to clients unless there is an injury that prevents it. Begin with SK by having the right ankle over the left thigh. Then, extend the arms out at the shoulders, palms up. Flatten the shoulder blades under comfortably. He can start with a gentle rocking side-to-side, then lower the legs to the left, and turn the head to the right, shoulders on the mat, legs supported by a bolster if they don't comfortably come to the floor. Hold for a minute. Come back to center, unwind, draw both knees to chest briefly. Then begin the practice on the other side.

Commented [CR7]: Good. Does he have a personal mantra? Very useful to combine Japa with Nadi Suddhi, just the word Peace, or similar.

Overview of teachings of Swami Sivananda:

https://www.sivanandaonline.org/?cmd=displaysection§ion_id=1646#:~:text=Serve%2C%20Love%2C%20Give%2C%20Purify%2C%20Meditate%2C%20Realize.,the%20Self%20and%20be%20Free.

<https://integrallyogamagazine.org/four-locks-four-keys-a-simple-approach-to-relationships/> <https://integrallyogamagazine.org/patanjalis-words-the-four-keys/>

Please submit this proposed care plan for client #1 along with your intake form with all personal information removed. Submit via email to your mentor plus Svid1@aol.com, jbrunson@verizon.net

Vidyananda will keep for permanent records in our limited--access archives. Jnana won't read docs but will keep track of all who submitted and who is missing.