Defense and Integrative Pain Management

Director

COL Chester Buckenmaier
YOGA
Who, What, When, Where, Why?
“Yoga is the practice of quieting the mind.”

Patanjali
Yoga began in India 4000 years ago.
Enlightenment, a path out of suffering.
Its power is in the tradition. Yoga is an outward expression of a deep mind and body relationship that starts by learning new habits and unlearning old ones.
Benefits of Therapeutic Yoga

Resets the balance of the sympathetic and parasympathetic nervous systems.

Practice includes:
• Relaxation
• Self awareness of our pain triggers
• Reducing stress
• Noticing tension in our muscles when we feel stressed
• Unlearning habits that make pain worse
• Training the mind to be less reactive to pain
• Increased muscle tone and flexibility

Yoga is the vehicle for transforming routinized habits of mind and body into new patterns that heal body, mind and spirit.
Experience

The best teacher
Power of the Breath

Body Scan

Pose
The State of the Science

Yoga for rehabilitation of chronic low back pain:
The International Association of Yoga Therapists

- Organization for Yoga Research
- Developing Standards for the Industry
- Publishes current research in a professional journal on therapeutic Yoga for many conditions.
  - Anxiety
  - Depression
  - Trauma
  - Osteoarthritis
  - Other pain conditions
Review of the Literature
Yoga for Chronic Low Back Pain: A Randomized Trial

Randomized controlled trial with 313 patients: 12 week progressive yoga program in class setting versus usual care with a back education booklet. Study objectives were function and pain.

Conclusion: Participants in the yoga program had greater improvements in back function than did usual care.

Yoga, Exercise, or Self-Care: YES Protocol

A randomized controlled trial of 101 chronic low back pain patients receiving either Yoga, Exercise or a self-care back pain book. Study objectives were function and bothersomeness of pain.

Conclusion: Yoga was more effective than a self-care book for improving function and reducing chronic low back pain, and the benefits persisted for at least several months.

Evaluation of the Effectiveness and Efficacy of Iyengar Yoga Therapy on Chronic Low Back Pain

A randomized controlled trial of 90 patients for 24 weeks of bi-weekly Iyengar yoga therapy classes or usual care.

Conclusion: Yoga improves functional disability, pain intensity, and depression in adults with CLBP. There was also a clinically important trend for the yoga group to reduce their pain medication usage compared to the control group.

RESTORE STUDY

A Randomized Controlled Trial of 100 patients diagnosed with chronic low back pain for patients to Receive RESTORE intervention or a self care back pain book. Study objectives consider pain, function and depression.

Ten-week individualized, one-hour sessions of breathwork, centering, poses to stretch and strengthen, and RESTORE.

Objective of the study is to measure pain, function and depression at 0, 5, 10 weeks and 3, 6 months.
Restorative Yoga
Child’s Pose
Table Pose with Arm/Legs Extended
Acknowledgements

Defense and Veterans Center for Integrated Pain Management
COL Trip Buckenmaier
MAJ Laura McGhee
Sarah Fink, YogaMedics, Inc
The views expressed in this presentation are those of the authors and do not reflect the official policy of the Department of Army, Department of Defense, or U.S. Government.