

Continuing Education for *Healthcare Professionals*



COURSE DESCRIPTION:

Expand your treatment approach to provide more complete and efficient patient care. Integrating yoga into rehabilitation is effective treatment, especially for those patients who don't fall into the traditional treatment pathways.

You will learn the basics of therapeutic yoga which can be immediately integrated into your current practice to teach effective spinal stabilization. This lab-based continuing education course will include yoga breathing techniques and motor imagery to improve control of trunk stabilizers. We will apply these concepts to yoga pose progressions, with manual cues and partner work incorporated throughout. These techniques for teaching effective postural control of the trunk will enable you to more effectively treat patients with low back pain. Evidence for the use of mind-body exercise will be presented. Practical application of the yoga techniques will be supported by specific case examples.

In addition to learning new skills to improve your patient outcomes, you may be pleasantly surprised by the effects of yoga practice on your own aches and pains!

LEARNING OUTCOMES:

- List the benefits of yoga as therapeutic exercise
- Describe the basic history of yoga and current popular types of yoga practice
- Summarize current evidence for the use of yoga as part of a rehabilitation program
- Identify key muscle groups utilized for effective postural control of the trunk
- Utilize yoga breathing techniques and motor imagery to improve control of trunk stabilizers
- Apply yoga preparatory exercises and poses for postural and neuromuscular re-education of trunk stabilizers in a variety of functional positions
- Create a practical yoga-based rehabilitation program for effective spinal stabilization

AUDIENCE:

Physical Therapists and Physical Therapist Assistants, Occupational Therapists and Occupational Therapist Assistants, Athletic Trainers



Integrating Yoga into Rehabilitation for Effective Spinal Stabilization

INSTRUCTOR:

Katy O'Leary, MPT, RYT, earned her Master of Physical Therapy degree at the University of Wisconsin-Madison. She is currently a practicing physical therapist in sports medicine at the University of Wisconsin Hospital Sports Rehabilitation Clinics in Madison. In addition, Katy is a 200-hour level Registered Yoga Teacher through the Yoga Alliance national organization. She completed her yoga teacher training in Alignment Yoga with a strong focus on therapeutic yoga techniques. She has been practicing yoga for over 15 years and has been teaching group classes and private therapeutic yoga lessons in the Madison area for 8 years. Katy incorporates yoga into rehabilitation as a holistic way to move towards improved function, and looks forward to the opportunity to share these successful techniques with you.



DATE: Saturday, October 7, 2017
 8:00 a.m. to 4:00 p.m.

CONTENT FOCUS:

Domain of OT: Client Factors
Occupational Therapy Process:
 Evaluation, Intervention, and Outcomes

PROGRAM NUMBER: 10121

CEUs: 0.65 (Contact Hours: 6.5 hours) **LEVEL:** Intermediate

PRICE: \$205 (before/on 9/7) / \$255 (after 9/7)

LOCATION: UW-Milwaukee Continuing Education Plankinton Building, 7th Floor
 161 West Wisconsin Avenue, Milwaukee, WI 53203

QUESTIONS? CONTACT US