

IYENGAR YOGA THERAPY FOR CHRONIC LOW BACK PAIN



RESEARCH SUMMARY

Low back pain is a considerable health issue in the United States. Results of a recent study showed the effectiveness of Iyengar Yoga compared to standard medical care to reduce chronic low back pain. Compared to standard medical care, Iyengar Yoga participants reported:

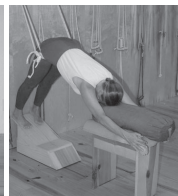
- greater reduction in disability and pain intensity at 24 weeks
- significantly reduced depression at 12 and 24 weeks
- greater reduction in pain medication usage



Shavasana II



Pavanmuktasana



Adho-Mukha-Svanasana



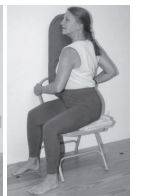
Ardha-Uttanasana



Supta-Padangusthāsana I



Utthita-Pārshvakonāsana



Bharadvājāsana

METHOD

Ninety (90) participants were randomly assigned to Iyengar Yoga or a control group. The control group received standard medical care. The Iyengar Yoga group participated in 24 weeks of yoga following a specific sequence of poses. Twice weekly, 90-minute classes were led by a Certified Iyengar Yoga Teacher (CIYT) and two assistants.

YOGA POSTURES

Savasana II Supine
Savasana Prone
Supta Pandangusthāsana II Prone
Supta Urdhva Hastasana
Supta Padangusthāsana I & II
Supta Pavanmuktasana
Urdhva Prasrita Padasana
Pavanmuktasana
Utthita Hasta Padangusthasana I & II
Ardha Uttanasana
Uttanasana
Adho Mukha Svanasana
Tadasana
Urdhva Hastasana
Utthita Padmasana

Utthita Hasta Padasana*
Parsva Hasta Padasana*
Utthita Parsvakonasana*
Utthita Trikonasana*
Virabhadrasana II*
Ardha Chandrasana*
Prasrita Padottanasana
Parsvottanasana
Parivrtta Trikonasana*
Bharadvajasana
Utthita Marichyasana
Dandasana
Marichyasana III
Adho Mukha Virasana

*With support of upper wall rope



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FOR MORE INFORMATION

This information is a summary of "Evaluation of the Effectiveness and Efficacy of Iyengar Yoga Therapy on Chronic Low Back Pain" as published in Spine Journal. Additional information is available in the article "Therapeutic Application of Iyengar Yoga for Healing Chronic Low Back Pain" by Kimberly Williams, Ph.D., CIYT and Lois Steinberg, Ph.D., CIYT from the International Journal of Yoga Therapy available on IYNAUS.ORG.

To find a Certified Iyengar Yoga Teacher (CIYT) in your area, click on "Find a Teacher" at IYNAUS.ORG