

Yoga for Low Back Pain

2015 Work-Related Injuries:
New Challenges & New Solutions

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**“You’ve been
fooling around
with
alternative
medicine,
haven’t you?”**

Integrative Medicine

Integrative medicine and health reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic and lifestyle approaches, healthcare professionals and disciplines to achieve optimal health and healing.

Low Back Pain

- Common expensive injury for workers
- Poorly understood
- Treatments often not satisfactory

Low Back Pain: Biopsychosocial-Spiritual Model



Yoga

- Yoga originated in India over 2000 years ago
- Originally complex system of spiritual, moral, and physical branches to attain “self-realization”
- Now used more for fitness, wellness, stress reduction, & health

Elements of Hatha Yoga



**Postures
Asanas**

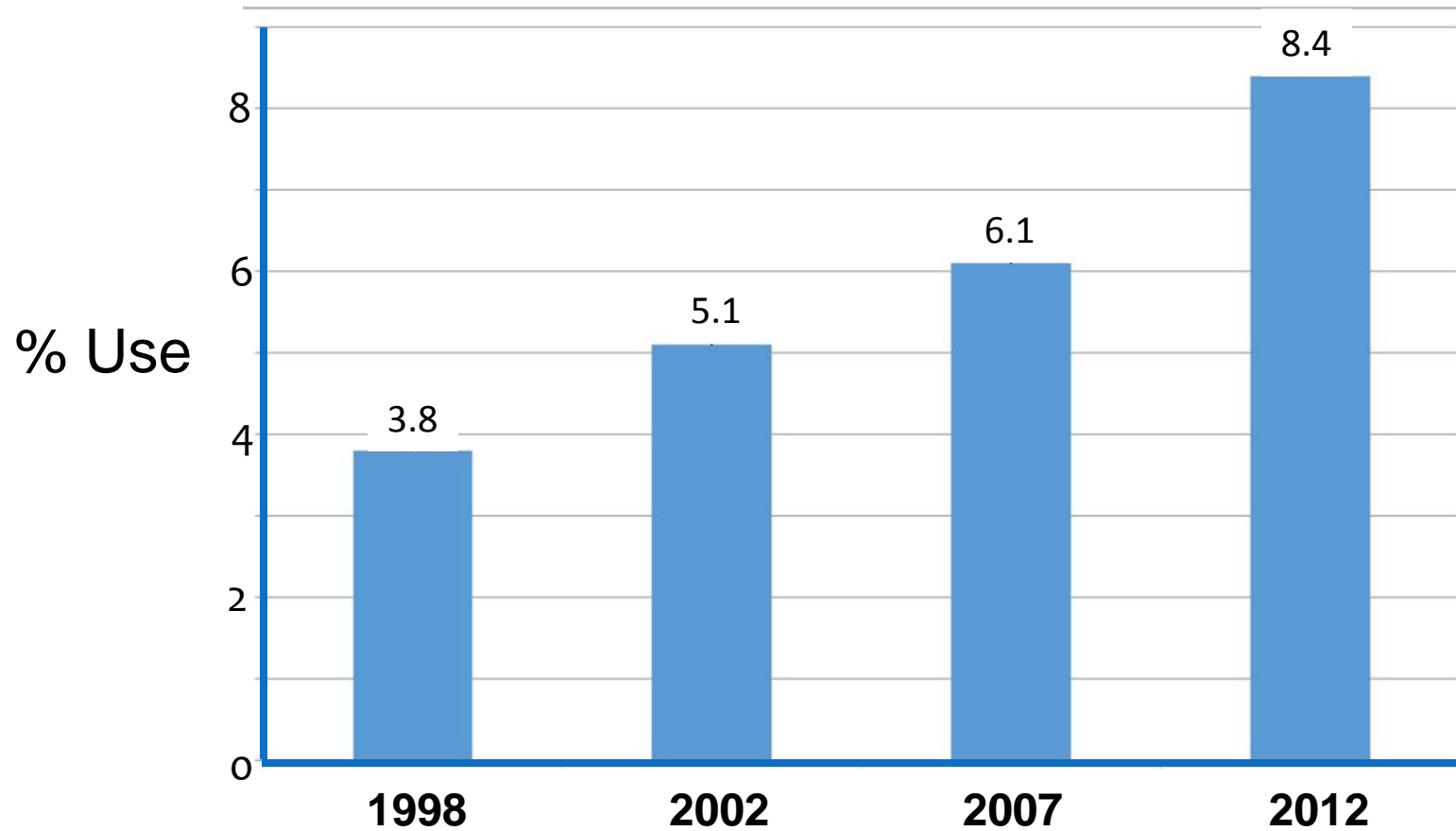


**Breathing
Pranayama**

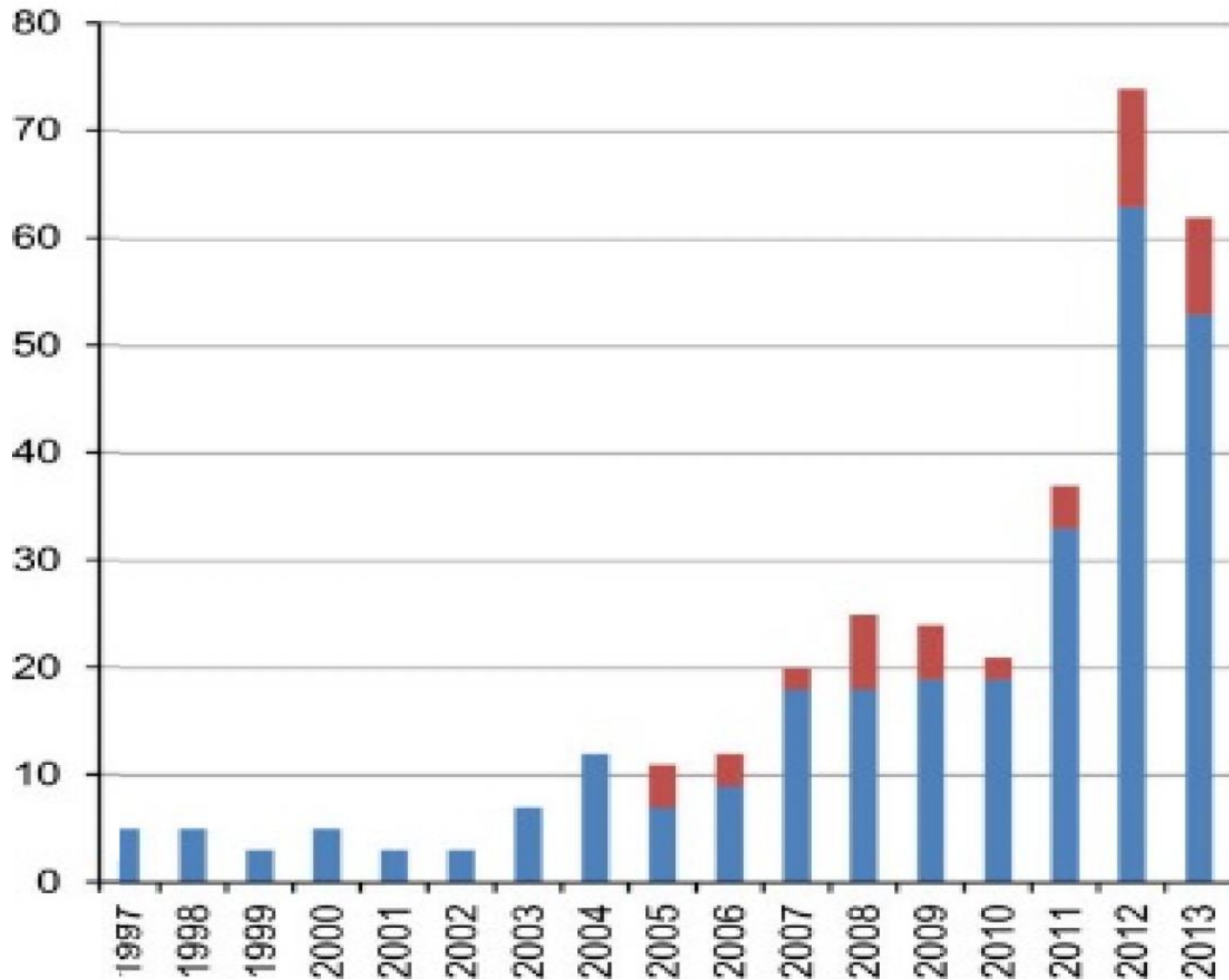


Meditation

Yoga Use in U.S. Adults 1998-2012



Yoga RCTs Published 1997-2013



Cramer et al, BMC CAM 2014

Growing Evidence for Yoga

- **Pain** (Bussing, J Pain 2012)
- **Inflammatory markers** (Bower, Psychoneuroendo 2014)
- **Psychiatric disorders** (Cabral, CNS Disorders 2011)
- **Quality of life** (Oken, Neurology 2004)
- **Spirituality** (Park, J Health Psychol 2014)

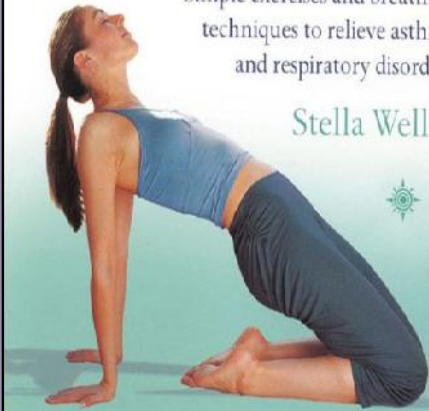
Yoga and Psychotherapy The Evolution of Consciousness

Swami Rama
Rudolph Ballentine, M.D.
Swami Ajaya, Ph.D.

Yoga Beats Asthma

Simple exercises and breathing techniques to relieve asthma and respiratory disorders

Stella Weller



With a foreword by Marie E. Faughnan, M.D., F.R.C.P.C.,
Division of Respiratory Medicine, St. Michael's Hospital, Toronto

RECOVERY A PRACTICAL GUIDE FOR CHRONICALLY ILL, INJURED, AND POST-OPERATIVE PEOPLE YOGA

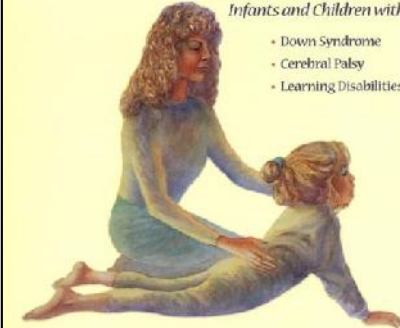


SAM DWORKIS

Yoga for the Special Child

A Therapeutic Approach for
Infants and Children with

- Down Syndrome
- Cerebral Palsy
- Learning Disabilities



Sonia Sumar

YOGA AND CANCER



Dr. H. RAGENDRA
Dr. R. NAGARATHNA
Dr. SHIPLEY TELLES



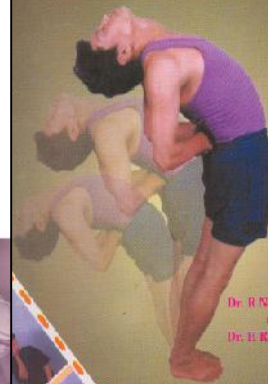
SWAMI VIVEKANANDA YOGA PRAKASHANA
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ANANDA YOGA®

YOGA for Menopause



Yoga Practices for Anxiety and Depression



Dr. R. Nagarathna
and
Dr. H. R. Agendra

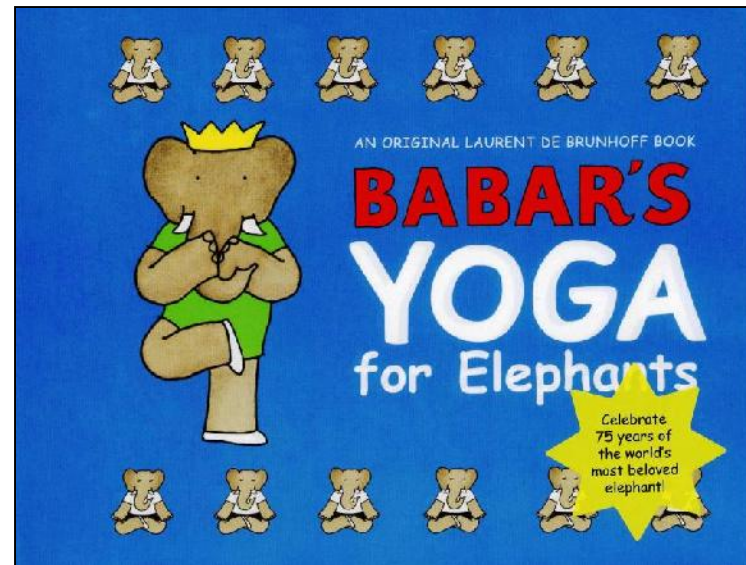
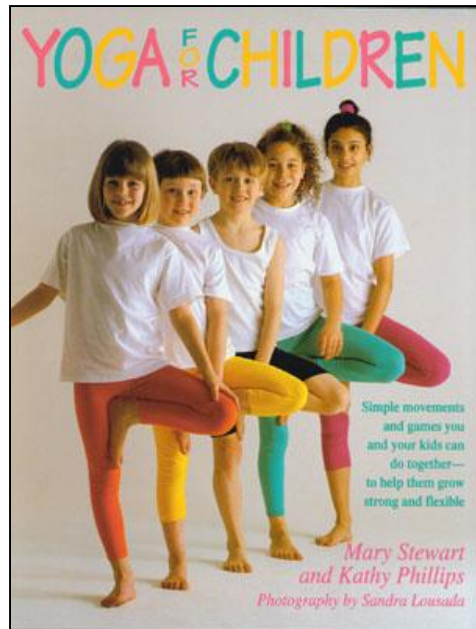
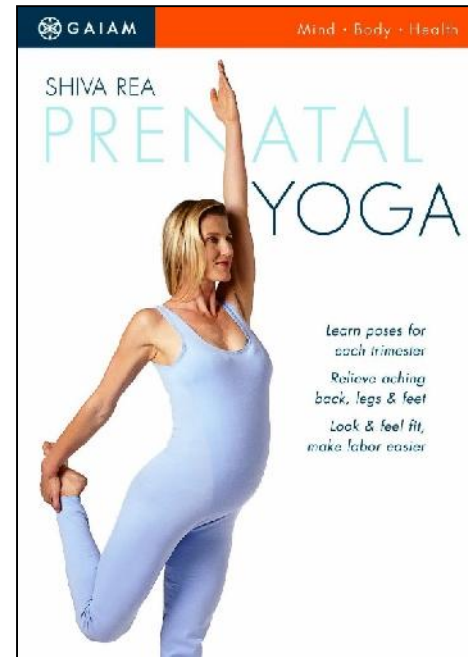
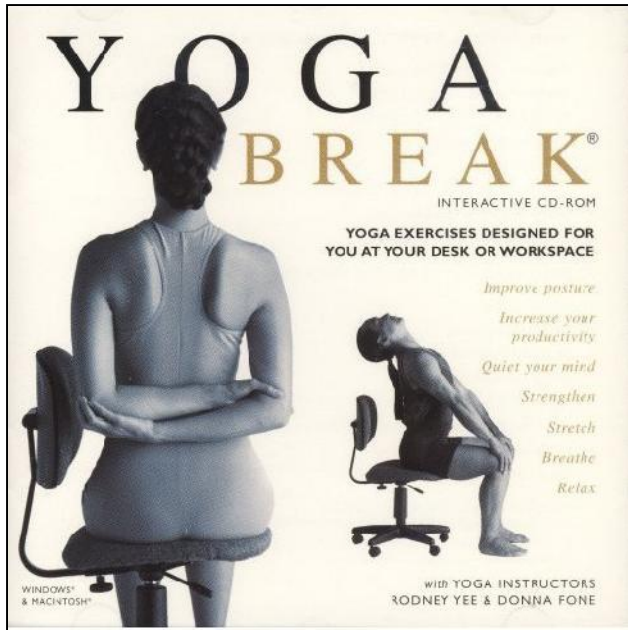


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Peter Van Houten, M. D. & Rich Mc Cord, Ph.D.



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Why Yoga for Chronic LBP?

Therapies that address body, mind, social, and spiritual dimensions of an injury may be more helpful than therapies that address only one dimension.

Meta-analysis of Yoga for LBP

Follow-up duration	Outcomes	Number of trials (n)	Standardized mean difference (95% CI)
Short-term	Pain	6 (584)	-0.48 (-0.65 to -0.31)
	Back-specific disability	8 (689)	-0.59 (-0.87 to -0.30)
Long-term	Pain	5 (564)	-0.33 (-0.59 to -0.07)
	Back-specific disability	5 (574)	-0.35 (-0.55 to -0.15)

Cramer H et al. **A systematic review and meta-analysis of yoga for low back pain.** Clin J Pain. 2013

Joint American College of Physicians – American Pain Society LBP Clinical Practice Guidelines

INTERVENTIONS (RECOMMENDATIONS 2, 3, 7)

	Low Back Pain Duration	Acute < 4 Weeks	Subacute or Chronic > 4 Weeks
Self-care	Advice to remain active	•	•
	Books, handout	•	•
	Application of superficial heat	•	
Pharmacologic therapy	Acetaminophen	•	•
	NSAIDs	•	•
	Skeletal muscle relaxants	•	
	Antidepressants (TCA)		•
	Benzodiazepines	•	•
	Tramadol, opioids	•	•
Nonpharmacologic therapy	Spinal manipulation	•	•
	Exercise therapy		•
	Massage		•
	Acupuncture		•
	Yoga		•
	Cognitive-behavioral therapy		•
	Progressive relaxation		•
	Intensive interdisciplinary rehabilitation		•



(Chou et al, Ann Int Med 2007)

Qualitative Data

It actually takes you to a place where some days there is absolutely no pain.

People can push those buttons as they used to, they can't make you angry, because now you have something that keeps you calm.

I felt good because I was doing something, not sitting around waiting for a diagnosis, not taking another pill.

Take Home Points

- Structured yoga programs are evidence-based for chronic LBP
- Similar effect size as PT
- May be appealing to some patients
- Demonstration projects and research should be attempted in occupational health settings

Thank You!

