



## Overview

- Why exercise
  - Benefits
  - Evidence
- Why Yoga
  - Benefits
  - Evidence
- Relaxation
  - Om
  - Savasana
- Sankalpa
- Torso clearing
- Limb clearing
- General mobility
- Yoga Nidra
- Om Shanti
- Group Discussion



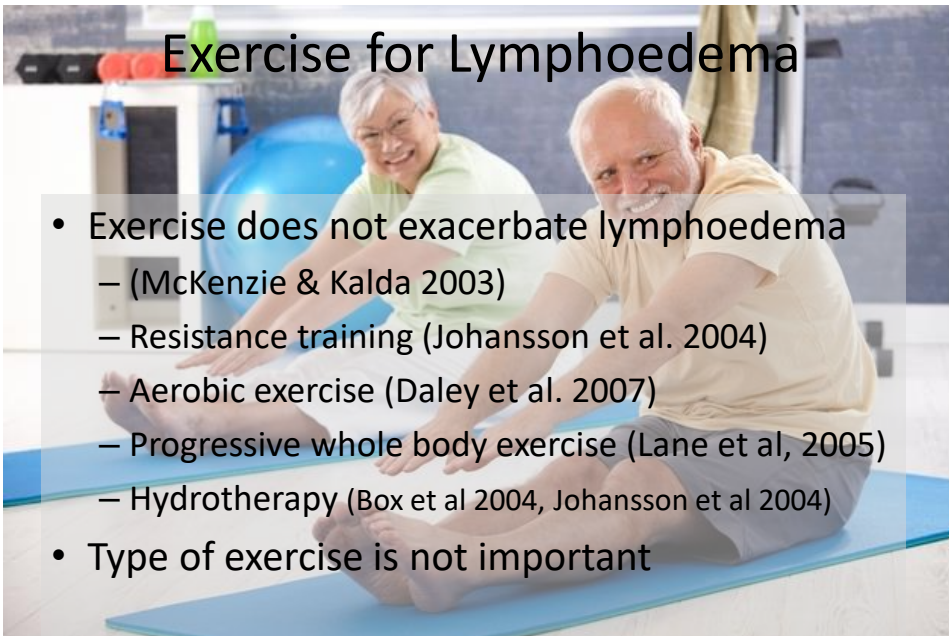
## Why Exercise?

- Improve physical function
  - Muscle imbalance
  - Reduced muscle mass
- Improve daily life
  - Ability to work
  - Carry out household chores
  - Participate in hobbies
  - Social and intimate relationships

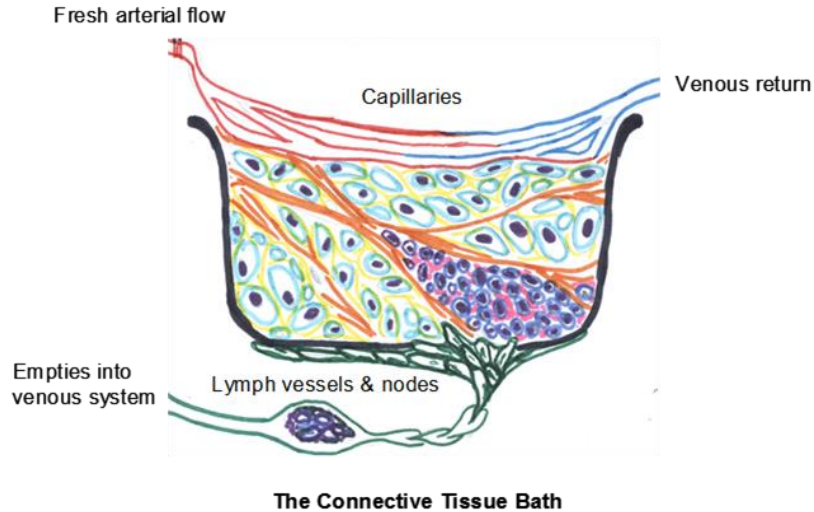


## Exercise for Lymphoedema

- Exercise does not exacerbate lymphoedema
  - (McKenzie & Kalda 2003)
  - Resistance training (Johansson et al. 2004)
  - Aerobic exercise (Daley et al. 2007)
  - Progressive whole body exercise (Lane et al, 2005)
  - Hydrotherapy (Box et al 2004, Johansson et al 2004)
- Type of exercise is not important



# How to Exercise



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## Warm down slowly

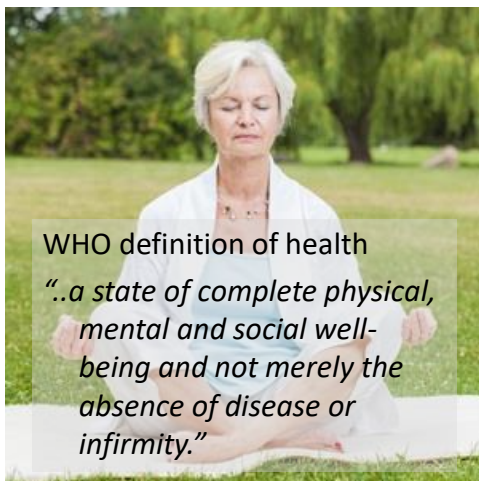
- Increased muscle active
  - Increased lymph load + increased lymph flow
  - = OK
- Cessation of muscle activity
  - Increased lymph load - increased lymph flow
  - = ↑ excess fluid
- Gradual warm down
  - Decreasing lymph load + increased lymph flow
  - = OK

## Why Yoga?

- Multiple populations
  - Asthma
  - Arthritis
  - Multiple sclerosis
  - Cardiac conditions
  - Healthy subjects
- 90% employ Yoga for
  - Sleep disorders
  - Anxiety
  - Depression
  - Stress



## Yoga – More than exercise



- Various forms
  - Addressing multiple aspects of life
    - (Bower et al. 2005)
  - Emphasis on awareness
    - (Danhauer et al. 2009)
- Core elements
  - Mindful movement
  - Breathing exercises
  - Meditation

## Accessible

- Existing classes
  - Widely availability
  - Inexpensive
- Mainly home practice
  - Delivered by CD/DVD
- Overcomes physical barriers exercise
  - Access to hydrotherapy pools
  - Appearance of the arm
- Can be achieved by anyone  
(Danhauer et al. 2009)



## Yoga - Breast Cancer Patients

- During breast cancer treatment & recovery
  - Fatigue (Bower, 2005)
  - Depression (Coulos-Reed et al. 2006, Danhauer et al. 2009)
  - Anxiety (Rao et al. 2009)
  - Improving sleep (Smith & Pukall, 2009)
  - QOL (Moadel et al. 2007))
- Stress
  - Salivary cortisol (Vadiraja 2009)





## Yoga-like Exercise for Lymphoedema

- Relationship between deep breathing and lymph flow (Browse et al. 1971, 1974)
- Breathing and gentle arm exercise (Moseley et al. 2005)
  - Reduction in arm volume
- Yoga breathing and meditation (Danhauer et al. 2005)
  - Reduce stress and impart a sense of wellbeing
  - Can be practiced even when a person is ill or immobilised

## Why Yoga

### Lymphoedema

- Lymphoedema responds to frequent treatment
  - Lawenda et al. 2005
- Use of self reported symptoms as outcome measures
  - Armer et al. 2003

### Yoga

- Yoga is a daily practice
- Yoga promotes self awareness
  - Danhauer et al. 2009







## Why Yoga for lymphoedema?

### Lymphoedema

- Behaviour change is important in self management
  - Fu et al. 2008
- Start with low intensity
- Gradual increase
  - Schmitz et al. 2009

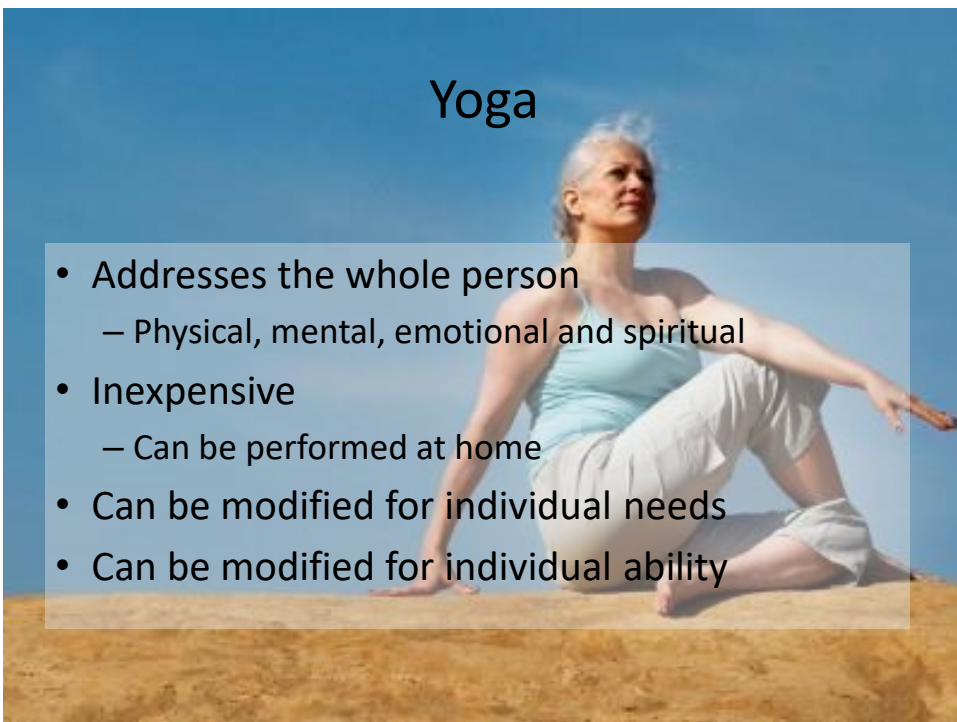
### Yoga

- Encourages adoption of beneficial behaviours
  - Bower et al. 2005
- Progressive
  - Movements begin with low intensity





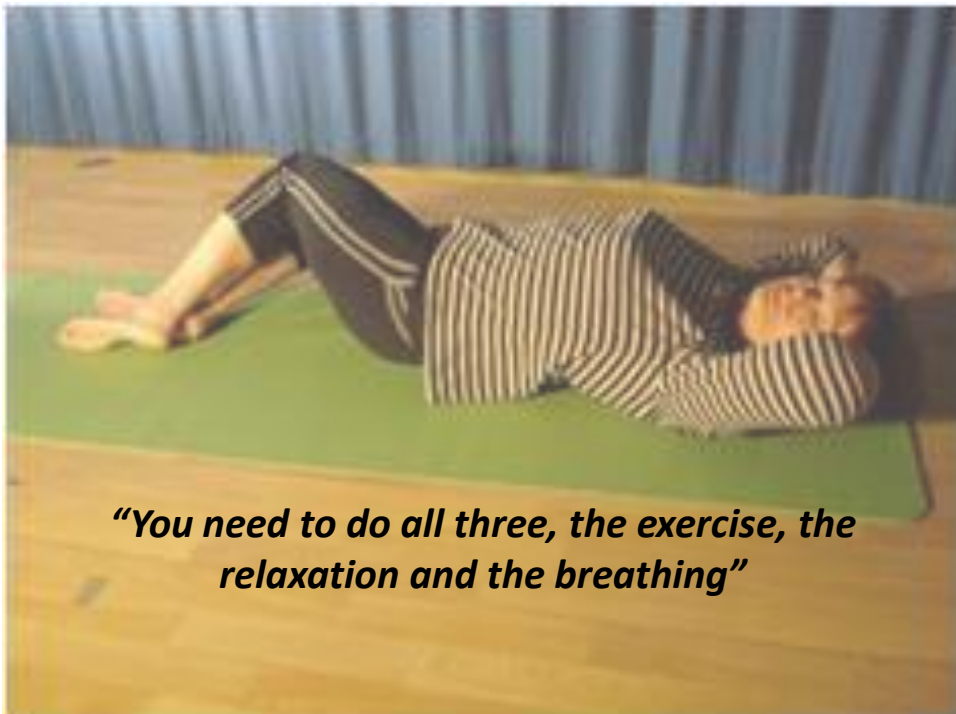




## Options for every level of ability



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## Om

- A mystic syllable, considered the most sacred mantra in Hinduism and Tibetan Buddhism.
- It appears at the beginning and end of most Sanskrit recitations, prayers, and texts.
- Relax shoulders
  - Touch a finger to your thumb
  - Rest the back of your hands on your thighs
- Take a deep breath
- Chant "om" all through a long slow exhale
  - 3 times



## Relaxation Savasana



## Alternatives



**Wall Supported Sitting with  
Legs Straight  
for breathing and meditation**



**Support arms with  
folded blanket**



**Chair Sitting  
for breathing and meditation  
practices**



**Ensure upright posture  
Use a cushion or folded  
blanket behind the back  
for support**

## Sankalpa

- Set a positive goal for the session
  - Improve mobility
  - Perform a specific action
  - Feel more in control
  - Reduce stress
  - Can be anything you want



## Torso Clearing

Sitting in chair or lying on the floor

- Side to side turning of head
- Coordinate with breathing
  - Inhale – face centre
  - Exhale – gently turn to one side
- Move slowly
  - Relax the shoulders
  - 5 times to each side



## Torso Clearing

- Looking up and down
- Coordinate with breathing
  - Inhale
    - Face centre
  - Exhale
    - Gently turn to one side
- Move slowly
  - Relax the shoulders
  - 5 times to each side



## Torso Clearing

### Sitting in chair or lying on the floor

- Place hands on knee with foot off the floor
  - Breath into the abdomen without pulling in the knee yet
  - Gently exhale and draw the knee to the abdomen
- DO NOT HOLD the Breath or Position
  - Keep breathing and moving
  - 5 repetitions per leg



## Gentle alternative

- Keep the foot on the floor
- Slide it back and forth with the breathing movement



## Torso Clearing

### Sitting in chair or lying on the floor

- Knees bent and feet on the floor, chin slightly tucked in to lengthen neck
  - Inhale sliding hands on thighs to knees
    - Bringing head and shoulders off the mat at a comfortable level
- Exhale returning to the floor
  - Keep breathing and moving but do not strain
  - 5 repetitions of the Boat Pose



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## Chair alternative

- Do a similar movement and breathing pattern in a chair



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## Clearing the shoulders Sitting on the floor or chair

- Forward & Backward Shoulder Rotations
  - Inhale as elbows come up
  - Exhale as elbows come down
  - 5 rotations in each direction



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## Clearing the shoulders Sitting on the floor or chair

- Shoulder Shrugs
  - Inhale as shoulders come up
  - Exhale as shoulders come down
  - 5 rotations in each direction



## Clearing axillary lymph nodes sitting on the floor or chair

- Place hands in the armpits with the thumbs out
  - Relax the shoulders back and down
  - Gently press the hands into the side of the chest with the arms
- Inhale and reduce the pressure
- Exhale and increase the pressure
  - 5 repetitions
- Do not hold or squeeze hard, keep moving with the breath



## Elbow bending

- Relax the shoulders back & down
- Inhale
  - Raise one arm to shoulder level palm to ceiling
    - If this is uncomfortable rest the hand on the knee
- Exhale
  - Bend the elbow so that fingers touch the shoulder
- Inhale
  - Return to starting position
  - 5 repetitions on each arm
    - Or 5 repetitions both arms together
- Don't hold or strain
  - Keep moving with the breath in a flowing fashion



## Wrist Bending

- Relax the shoulders back and down
  - Raise one arm to shoulder level with palm facing down
    - Or the wrist can rest on the knee:
- Inhale
  - Extend the wrist fingers to ceiling
- Exhale
  - Bend the wrist fingers to floor
- Inhale
  - Return to the starting position
- 5 repetitions on each arm
  - Or 5 repetitions with both arms together
- Don't hold or strain
  - Keep moving with the breath in a flowing fashion



## Hand Clenching

- Relax the shoulders back and down
  - Raise one arm to shoulder level with finger pointing forward
    - Or the palm can rest on the knee
- Inhale
  - Open out the hand, extending the fingers and palm
- Exhale
  - Gently fold the thumb into the palm, wrap the fingers around the thumb to make a fist
  - Squeeze gently
- Inhale
  - Return to starting position
  - 5 repetitions on each hand
  - Or 5 repetitions with both hands together
- Don't hold or strain
  - Keep moving with the breath in a flowing fashion



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## Bow and arrow

- Turn your body to the left at a 45 degree angle
- Bring right arm up to shoulder level
  - As if holding an imaginary bow
- Bring left hand to right wrist
  - As if holding the arrow against the bow line
- Inhale
  - Gently draw the bow line back to open the chest
    - Keep looking through the right hand as if aiming at a target
- Exhale
  - Release the 'arrow' and return the left hand to the right wrist
  - 5 repetitions and then switch sides
- Don't hold or strain
  - Keep moving with the breath in a flowing fashion
- If standing
  - Right foot forward, left foot behind at 45 degree angle





## Pulling the Rope

- Make a loose fist, thumbs out
- Rest the hands on the thighs
- Relax the shoulders back and down and lengthen through the spine
- Inhale
  - Raise one arm as if reaching to grasp an imaginary rope overhead
  - Watch and follow your hand as it moves up
    - Stop at your level of comfort
- Exhale
  - Pull the rope down towards the floor
    - Keep following the movement with your head and eyes
- Switch arms
  - 5 repetitions with each arm



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## Triangle Pose

- Place hands on crest of hips with fingers pointing down sides of legs
- Inhale and lift and lengthen the spine
- Exhale
  - Gently slide the right hand down the side of the right side
  - Slide left hand towards the left armpit
  - Bending at the waist to the right
- Inhale
  - Return to the starting position
- Exhale
  - Gently bend to the left side
- Inhale
  - Return to starting position
- Take Care to not twist the shoulders with the side bend



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## Waist Rotations

- Inhale raising arms to shoulder level
  - Palms down
  - Lengthen across arms
- Exhale
  - Gently twist to the right
    - Rotate the head as well
  - Fold the right arm behind the back and place the left hand on the right shoulder
- Inhale
  - Return to centre with arms stretched to the sides
- Exhale
  - Gently twist to the left side
  - Left arm folds behind the back and the right hand is placed on the left shoulder
- 5 Repetitions to each side
- Don't hold the breath
  - Keep moving in a flowing fashion



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## Salutations Pose

- Bring palms together
  - Touch thumbs to the centre of the chest
  - Relax the shoulders back and down
- Inhale
  - Draw the shoulder back to open the chest
- Exhale
  - Push hands forward keeping pressure between the palms
  - Tuck in the chin and roll shoulders forward
- Inhale
  - Return to the start
- 5 repetitions



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## Energy Breathing



## Yoga Nidra

- Lying or sitting comfortably
- 5 deep breath diaphragmatic breaths
  - With each inhale notice any stress or tension in your body
  - Expel any tension that you find with each exhale
- Breathing normally
  - Relax each body part starting with your toes.....

## Relaxation and Guided Visualisation

- As you feel all tension draining away from your body image the landscape of your lymphatic system as forest
  - The small lymph vessels are like the tree tops
    - Millions of tiny leaves and twigs picking up all the waste and toxins, bacteria, excess proteins
  - All is drawn down through the smaller branches
  - Into the larger branches and finally into the trunk of the tree
  - Right down through the tap root into the underground streams
  - The underground water flows though the rock
    - Filtering and cleaning the lymph
  - Until finally the pure clean lymph fluid empties into the ocean of your blood stream
  - Pure water evaporates and clouds form over the tree tops
  - And a gentle refreshing rain falls on the leaves

## Love your lymph system

- As your cells are bathed in pure fresh nutrient rich fluid and you lymph system continues to remove and recirculate it all
  - Feel the love you have for your body and its wonder lymphatic system
- Despite whatever damage has happened or whatever challenges it faces it continues to work as much as it can to support your immune system and keep you healthy
- As you experience this love for you own body allow the aura of that love to extend out to the person next to you
  - To everyone in the room
  - To everyone in the city, state country
  - Feel the enormity of you love encompass the whole planet
  - The currents of the oceans, the movement of the clouds, the breezes circulating around the globe like one enormous beautiful lymphatic system



## Love your lymph system

- Collect all that love into a huge ball and notice that the ball become more dense contracting from a planet sized ball back to a continent sized ball of love
  - Shrinking and becoming even more dense as it gets smaller and smaller
  - Finally getting small enough for you to bring into your body
  - Small enough to fit inside your heart
  - The love of the whole world flowing through you around you and throughout the world
- While you are feeling all this love remember your Sankalpa
  - The goal that you set for this yoga session
- Begin to notice your own body again, the sounds around you
- Become aware of the others in the room
- Take a deep breath and as you exhale slowly gently open your eyes



## Group feedback

- Were you able to make the movements?
- What did you feel during the exercises?
- What did you make for your Sankalpa?
- What was different about the second Om?
- Is something you could do at home?
- How could you adapt the exercises for legs?





