What PT Can Incorporate From Yoga. Or, How To Yogafy What We Already Do In PT.

By Staffan Elgelid, PT, PhD, CYT, GCFT, RYT-500

UCA Homecoming
October 31, 2015
Conway, Arkansas

Hosted by the Department of Physical Therapy
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About the Speaker

Staffan Elgelid, PT, PhD, CYT, GCFT, RYT-500

Dr. Elgelid is an Associate Professor of Physical Therapy at Nazareth College in Rochester, NY, a Feldenkrais Practitioner and a trainer of Comprehensive Yoga Therapists. He is the co-author of the recently published book entitled Yoga Therapy for Stress and Anxiety (release date September 8, 2015). A native of Sweden and alumnus of the UCA PT Program, Staffan has worked as a Physical Therapist for 20+ years in a wide variety of settings, including owning his own clinics. He has presented on a wide variety of topics such as Guided Imagery, Healthy Aging, Mentoring, Awareness, Core Strengthening, Feldenkrais, both in the US and in Europe, and has produced DVDs on core strengthening. He is a former editor of the International Feldenkrais Federation research journal and a former board member of the North American Feldenkrais Guild. Dr Elgelid is an Advisory Board member of the International Association of Yoga Therapists. In addition, he is on the faculty at YogaLife Institute in Devon, PA. At Nazareth College he teaches in areas of Soft Tissue Techniques, Health Promotion and Wellness, and an array of clinical courses.
What can PT Incorporate from Yoga. Or, how can we Yogafy what we already do in PT?

Presented by Staffan Elgelid, PT, PhD, CYT, GCFT, RYT-500

Course Description

This workshop will teach how to incorporate the essence of Yoga into what we already do in PT. Yoga is gaining in popularity in the US more and more people are seeking out alternative methods of health care such as Yoga for health issues such as spinal pain, various neurological diseases, stress and anxiety, and general fitness issues. Why are they not coming to PT, even though we have practice without referral? How can we as PTs incorporate the essence of Yoga and transform our practices. It is not about doing anything new, but about doing what we already are doing in a different way.

PROGRAM CONTENT:
1. Lecture on Yoga and how it fits into the current rehab paradigm.
2. Demonstration and practice of basic Yoga essentials.
3. Lecture on the nervous system and how it acts/reacts during a yoga session. How Yoga changes the ANS.
4. Practice various Yoga and PT sequences that will affect the ANS in various ways.
5. Lecture on habitual movements and why variety is good for the development of the CNS.
7. Lecture PT and Yoga. What are the similarities?
8. Practice – Teaching PT sequences that incorporates Yoga.

Course Objectives

Following this session, participants will be able to...
1. Formulate how Yoga and other Somatic Modalities fit into the changing health care environment in the US.
2. Understand how Yoga fits into the APTA vision statement: “Transforming society by optimizing movement to improve the human experience.”
3. Understand the essence of Yoga and how it applies to PT.
4. Understand the importance of decreasing the sympathetic tone and put the patient in a state where healing can take place.
5. Make regular PT more effective by incorporate mindfulness based yoga.
6. Identify how individual variables affect the choice of approaches to client/patient teaching.
7. Demonstrate an understanding of individual differences in intention when planning teaching sessions.

Course Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Breakfast and Registration</td>
</tr>
<tr>
<td>9:00</td>
<td>What is Yoga? How does it benefit what we do?</td>
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<tr>
<td>10:00</td>
<td>Practice</td>
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<tr>
<td>10:45</td>
<td>Break</td>
</tr>
<tr>
<td>11:00</td>
<td>The Nervous System. Putting the patient in “healing mode”.</td>
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<tr>
<td>11:30</td>
<td>Practice</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch (provided)</td>
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<tr>
<td>1:00</td>
<td>Variations. It is good for the Nervous System.</td>
</tr>
<tr>
<td>1:45</td>
<td>Practice</td>
</tr>
<tr>
<td>2:30</td>
<td>Break</td>
</tr>
<tr>
<td>2:45</td>
<td>Similarities between Yoga and PT</td>
</tr>
<tr>
<td>3:15</td>
<td>Design a PT Session utilizing the Essence of Yoga.</td>
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<tr>
<td>4:00</td>
<td>Program Ends</td>
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2015 UCA Physical Therapy Alumni Weekend Course

Registration

☐ UCA PT & PTA Alumni $50
☐ Non Alumni PT & PTA $100

This course is approved for 5.5 contact hours of CEU by the Arkansas State Board of Physical Therapy.

REGISTRATION DEADLINE:
OCTOBER 23, 2015

Amount Enclosed $________________
Please make Checks Payable to:
UCA Foundation- PT Fund

Note: Course is limited to 30 participants.

Participant Information

Name ____________________________________________

Year Graduated_________________ Degree __________

Street _____________________________

City _______________________________

State ___________________ Zip _____________

Email Address _________________________________

Daytime Phone ___________________________

Please Plan To Join Us For A PT Alumni Tailgate Hosted By The Department Of Physical Therapy To Follow The Course In The PT Center. Homecoming Game Kick-Off Is 7:00 PM. Tickets At: http://ucasports.com/

UCA PT Alumnus? __ Yes __No

Please remit registration & payment by October 23, 2015

Send Registration & Payment to:

Attn: Stacey Stephens
UCA PT Department
PT Center, Suite 300
201 Donaghey Avenue
Conway, AR  72035

For More Information Contact:

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