

## Ahimsa in your practice: When to consult with other professionals

Matthew J. Taylor, PT, PhD, RYT  
Scottsdale, AZ

## Background

- Evolution of this topic from 45 to 15 minutes
- A 'recovering' PT...balancing parts & process
- The tsunami of complexity, chronicity & fragility. Increasing privilege brings increasing responsibility.
- Sitting through 'depositionasana'
- YRx extends far beyond easing back pain and lowering blood pressure.

## Goals

- Provide guidance in screening students for musculo-skeletal complaints that require additional referral;
- Collaboration with other medical professionals;
- Learn how to determine when swelling, deformity, or a "funny sound" requires more than Yoga therapy;
- Learn to identify other movement patterns and musculo -skeletal complaints that can be supported by Yoga therapy.

## Guidance in screening students for musculo-skeletal complaints

- Ignorance isn't Ananda
- Published legal guidance re: don't ask: don't have responsibility
- Communication issues within a group setting
- Ahimsa should be the YRx gold standard
- Hippocrate's Quote, "Above all else, do no harm."
- See [www.myrehab.com/screening.pdf](http://www.myrehab.com/screening.pdf)

## Guidance in screening students for musculo-skeletal complaints (2)

- See:
- Taylor, MJ "Risk Management: Conscious Ahimsa; *Intl J of Yoga Therapy*, 2004.
- Taylor, MJ (2005) "Osteoporosis: An Opportunity to Serve" *Intl J of Yoga Therapy*, 15: 97-104.

## Collaboration with other medical professionals

- Ignorance is opportunity.
- Develop a network across professions and use it.
  - Invite to present
  - Invite to participate
  - Ask for help in developing screening protocols
- Satya with student's questions
  - I don't know but let's find out
  - Follow through as your Swadhaya or study.

Learn how to determine when swelling, deformity, or a "funny sound" requires more than Yoga therapy

- Visible swelling
- Increased pain or radicular (shooting symptoms) signs
- Joint deformity
- Lack of motor control
- Joint "noise" beyond familiar "cricks" and "cracks"
- Locking / Instability / Dislocation (out of joint or trick joint)

Identify other movement patterns and musculo-skeletal complaints that can be supported by Yoga therapy

- Return to [www.myrehab.com/screening.pdf](http://www.myrehab.com/screening.pdf)
- Unlimited horizon of opportunities to serve if we as a profession practice ahimsa along the way:
  - Office workers as chair-bound
  - Manual labor asana
  - Child growth and development
  - Aging and loss freedom of movement

Ahimsa...our future.

INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS