


 The New Science of Movement and Awareness in Cancer Care




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“The abolishment of pain in surgery is a chimera. It is absurd to go on seeking it today. Knife and pain are two words in surgery that must be forever associated in the consciousness of the patient. To this compulsory combination we shall have to adjust ourselves.” --- Dr. Alfred Velpeau, 1839, (anesthesia was introduced seven years later)

 Who is this guy?




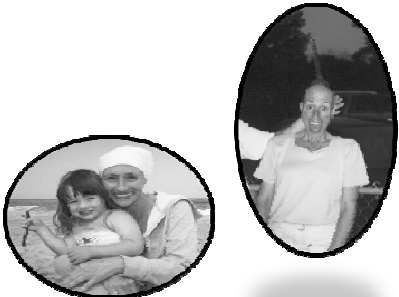
What is Yoga Therapy? IAYT Offers a Definition
Dewashree's issue of Yoga Therapy in Practice features Matthew Taylor's article that addresses this question and provides IAYT's definition. We encourage you to read this article and share your thoughts with us! [Click here](#) to view the full article.

IAYT's First Annual Survey of Yoga Therapist Training Programs
Take a bird's eye view of Yoga Therapist training programs with IAYT's first survey of Yoga Therapist Training Programs put together by Cleve Collins, DPT, PhD, and John Knapke, IAYT Executive Director. [Click here](#) to download a pdf copy of the survey results.




Yogas Chitta Vritti Nirodah 1:2
Heyam Dukkham Anagatam 2:16




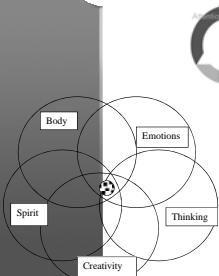


Mary I ou Galantino, PT, PhD, MSCE

 What are we doing today?


- Transforming our outdated understanding of movement.
- Changing our relationship with pain...ours and other's.
- Learning to look big/small to bring healing into our world.
- Gain practical tools for self-care and care of others.
- What we are not doing...
- Chasing "a" pain.
- Learning cookbook "to do's".
- Staying inside our comfortable, well worn boundaries.
- Leaving with THE answer.

 What is being human?




- Geological... "weather with bones"
- Sapient...sapient...we hope...
- A complex, open energy self-constructing dissipative system within a system
- The Hand Model

Complete this saying...




The journey of 1000 miles begins with...???

Something to step off of...

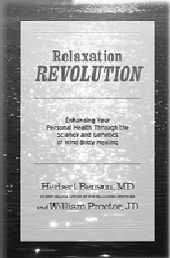
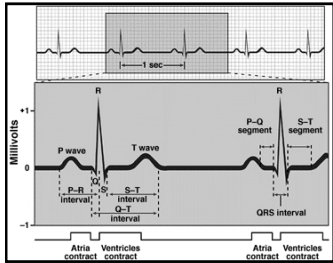


Exercise or Exorcise?



- *The diagnosis of cancer invites change.*
- *The gift of free and uninhibited movement can become a cherished asset.*
- *Action is movement with intention.*
- *Right action is movement without violence to self or others.*

What does your heart do most of the time?

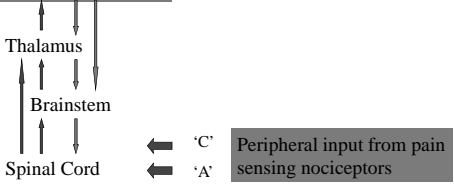
Concept of the Pain Neurotag

- *Pain is an experience within the brain that is normal,*
- *Signals the organism to make a change to remove the perceived threat,*
- *And is diminished or abolished when no longer needed.*
- *A complex matrix of interconnected input: a network of influence vs. single input/switch.*

- Insula
- Somatosensory Cortices
- Anterior, Middle and Posterior Cingulate
- Basal Ganglia
- Posterior Parietal Cortex
- Amygdala
- Hypothalamus
- Prefrontal Cortex

• Conscious perception of event being painful created by central **processing** of incoming signals

• Brain and spinal cord can **modulate**, but also **create** pain perception



Brooks J, Tracey I *J Anat.* (2005) 207, 19-23. Courtesy of Carolyn McManus, PT

The basic forces are survival and then comfort ...- Butler

- *Must change the neurotag*
- *Bio-psycho-social constructs are supported*
- *Various ignition cues...thought = nerve impulse=movement*
- *Movement habits (tapes) entrench a representation of reality*
- *Still unidentified management strategies!!*
- *Think Neuro Dynamic Relationships*


Exercise as a foundational step for healing

- *Studies of yoga in the cancer population:*
 - *Improvements in sleep quality and overall QOL*
 - *Reduced psychological distress and improved QOL*
 - *Improved cognition and reduction of "chemo fog"*
- *Results from the emerging literature on yoga and cancer provide preliminary support for the feasibility and efficacy of yoga interventions for cancer patients.*


Culik-Reed SN, Carlson LE, Davaux LM, Hatley-Aldous S. "A pilot study of yoga for breast cancer survivors: physical and psychological benefits" *Psycho-oncology*. 2008 Oct; 15(10): 891-897.
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Active Rest

- *Integrate body~mind*
- *Integrate brain function*
- *Decrease allostatic (stress/depletion) load*




Stones for the foundation...



- *The Breath*
- *Sitting*
- *Standing*
- *Supine*

Tools for tomorrow...




- *The Breath*
- *...yours and theirs*
- *The Hand*
- *Remember Process not Part*


The Homunculus (representation)

- *...maintains a virtual, fluid map ...served by various "movies/tapes" which are both archived and future oriented.*
- *Phantom sensation*
- *Thoughts are nerve impulses and "movements".*
- *Smudging...CAREFUL...it's wet! Can happen in as a little as 20 minutes.*


Homuncular Refreshment




A pause that refreshes...




More tools...




- **Effort or Surrender...give up?**
- **Effort or striving** is swimming up stream (think Grand Canyon)...just another form of resistance to reality.
- **Surrender:** to give (oneself) up into the power of another...to go forward with purpose and intent. *Not: give in, capitulate, give up, or quit.*




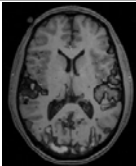

PUTTING IT IN YOUR BONES



- $A + B = C^m$
- **A**ttention + **B**reath = **C**onnection/**C**hange
- **H**ands rooted in the heart... "man" you facture ...a commandment????
- **P**resence: deep, still, calm, space, heavy; penetrating everything...the void, the All...etc.



Lite'em up

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Concluding Thoughts




- *Make space...be still...go deep inside.*
- *"I am spiritual all the time...I am a patient time to time." - Paraphrased from Swami Pranavananda Brahmendra Avadutta*
- *"Abiding in Presence, life unfolds effortlessly." - Sri Nisargadatta Maharaj*



Contact me...

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How do you see it?

A square image with a black background. In the center, there are two white, crescent-shaped marks that resemble eyes. The marks are positioned horizontally and are slightly tilted. The overall appearance is that of a visual illusion or a puzzle.