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An Adapted Yoga Program for Adults with Neuromuscular Impairments Designed to Improve Balance, Mood, Quality of Life, and Engagement in Daily Occupations

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An Adapted Yoga Program for Adults with Neuromuscular Impairments Designed to Improve Balance, Mood, Quality of Life, and Engagement in Daily Occupations

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Background

Neuromuscular impairments such as Parkinson's disease (PD) and multiple sclerosis (MS) can lead to fatigue, decreased body awareness, social deprivation, depression, & anxiety, leading to difficulties with balance, fear of falling, and social deprivation (Arsovski, 2023; Broch, 2020; Puymbroeck, 2018).

Yoga is holistic & adaptable, creating unity between mind and body (Callahan, 2023; Cox, 2020; Crowley, 2022).

Occupational therapists (OTs) can use their skills of adaptation and grading to develop a client-centered yoga program while addressing environmental barriers (Love, 2019).

Problem

There is a lack of accessible adapted community yoga programs to improve occupational engagement for individuals with neuromuscular conditions.

Purpose

Provide an accessible & adaptable community program addressing balance, mood, quality of life (QoL), & activity participation through the incorporation of mindfulness, meditation, breathing, and physical movement techniques included in yoga.

Research Question

Does a 6-week program using yoga improve balance, balance confidence, fatigue, ability to participate in daily occupations, mood, and QoL. What perceived benefits did the participants receive?

Methods & Design

After receiving USAHS IRB approval, we proceeded with a pre-experimental mixed methods design.

Recruitment

- Contacted support groups and local clinicians with flyers seeking referrals.
- Conducted telephone screening for eligibility.

Inclusion Criteria

- Individuals with neuromuscular conditions between the ages of 21-90.
- Ambulate independently with or without a device.
- Have internet access with a laptop or tablet.

Sample **** Refer to data

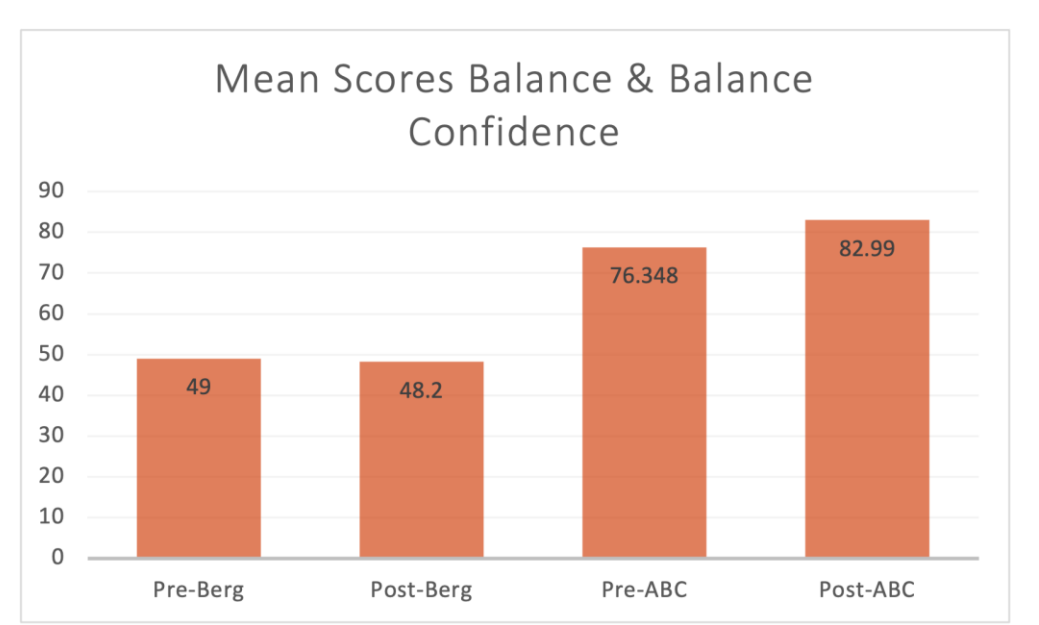
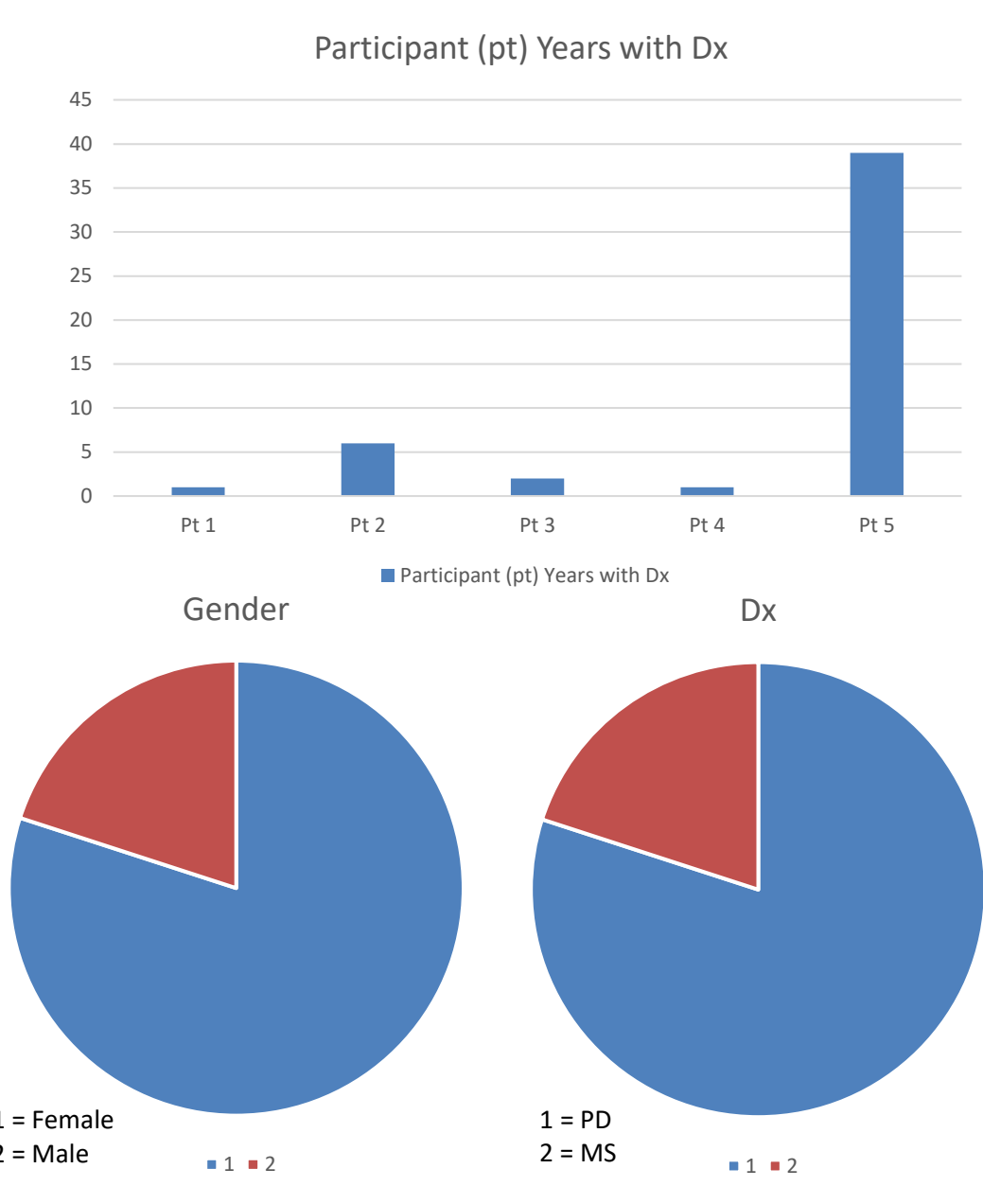
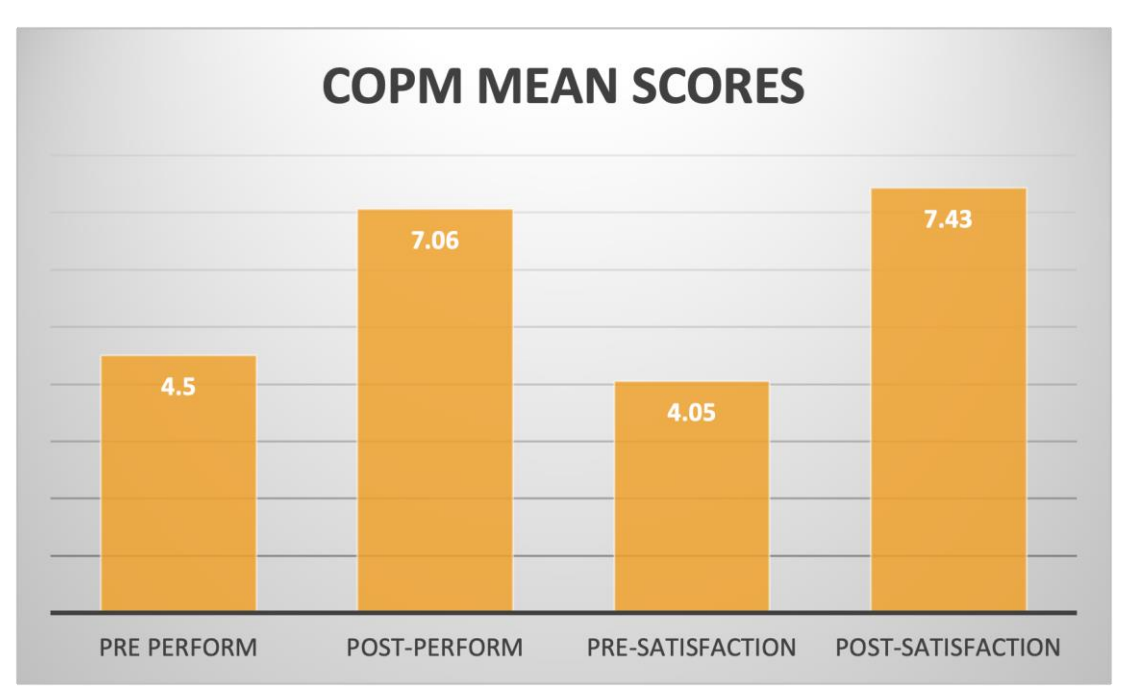
- 8 individuals were recruited, 5 participated.

Implementation ****

- 6 90-minute in person sessions
- 7 telehealth sessions

Measurements (pre & and post-test)

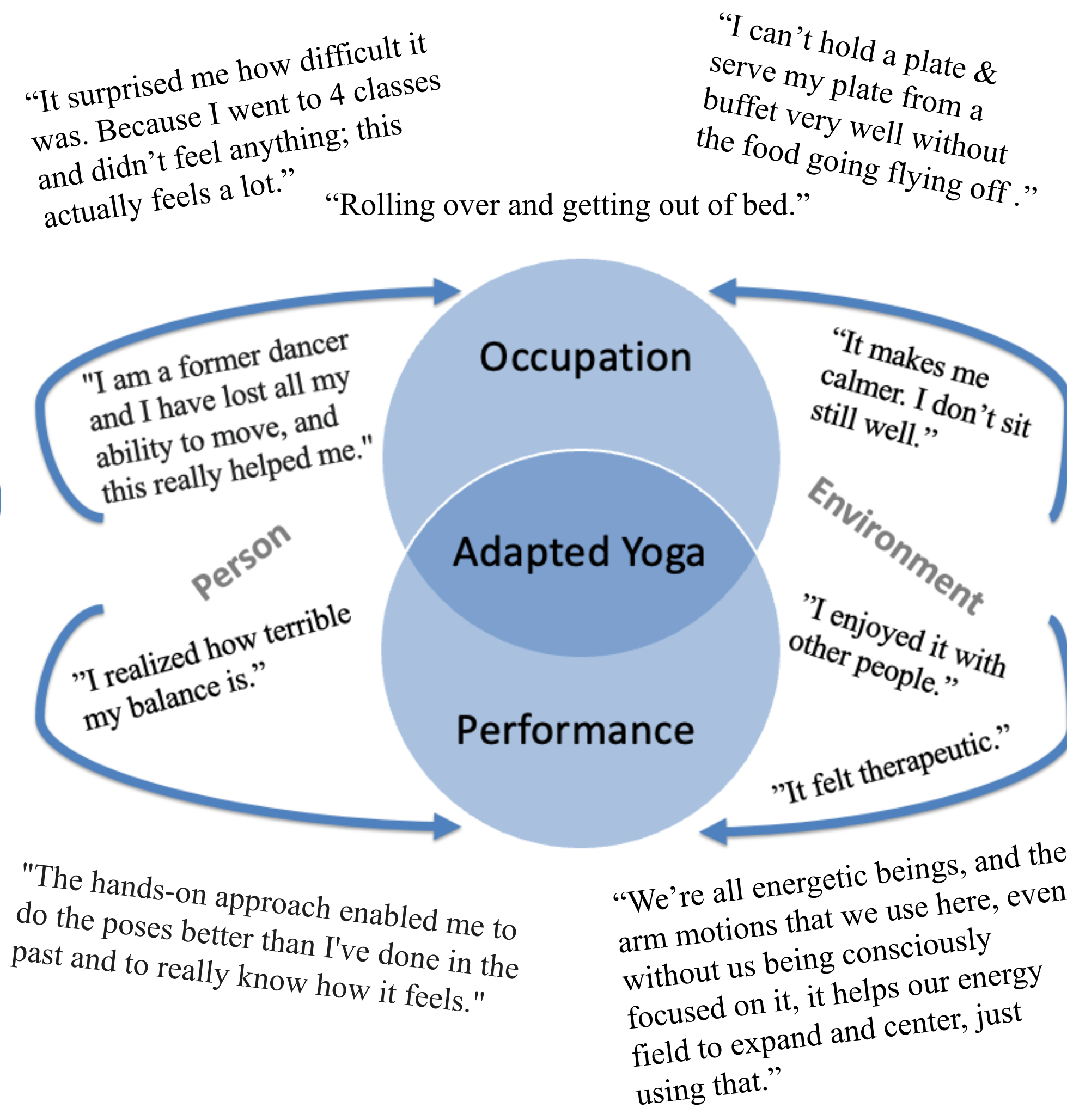
- Demographic questionnaire
- Berg Balance Scale (BBS)
- Activity-Specific Confidence Scale (ABS)
- Fatigue Severity Scale (FSS)
- Canadian Occupational Performance Measure (COPM)
- Focus group discussion



References



Results



Future Direction

- Homogenous group
- Centralized location
- Longer than 6-weeks
- Use multidimensional assessment of interoceptive awareness (MAIA)

Focus Group Themes

- Hands-on
- Atmosphere
- Comradery
- Mental & Spiritual

Strengths & Weaknesses

- + 3 OTs available
- + 1 certified yogi
- Not a homogenous group
- High-functioning group

Pre- to Post-test Gains

- Minimal changes due to high-ceiling effect.
- Interoceptive Awareness
- Challenging
- Functional Limitations