



# Karuna Yoga Newsletter

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## YOGA THERAPY

I am an avid reader of the magazine WDDTY (what doctors don't tell you). In this month's issue there is an extensive article on hip replacements. Here are some of the most important points. You can read the full article in the magazine or online at [www.wddty.com](http://www.wddty.com). The information was taken from the book THE PAIN CURE by Dr Mitchell Yass PhD.

“Total hip replacement is among the fastest growing surgeries in the West, but Dr Mitchell Yass finds most of them aren't necessary. Total hip replacements, known as total hip arthroplasty (THA) by doctors, are one of the most commonly performed elective surgical procedures in the United States. You can't walk down a street without seeing a person waddling along who has had a hip replacement but is saddened and disillusioned with the way it turned out.

In my experience, these are the lucky ones. I've met many hip replacement patients who have ended up requiring a cane, a walker or even being wheelchair bound after having a procedure that promised they'd be dancing in weeks. And saddest of all, the vast majority never needed surgery in the first place.

In my 25 years of diagnosing and treating pain, I have found that in more than 99 percent of cases, the person's pain could not be caused by structural variations identified on a scan, because their pain was not localized to the hip joint at all but rather coming from a surrounding muscle. I've found that the tissue in distress was muscle, and by treating the muscles, ultimately these individuals could resolve their symptoms and return to full functional capacity.

If your pain is above the hip joint in the pelvic region, there's a high probability it is coming from a strained gluteus medius. This muscle is responsible for keeping the pelvis level and providing balance and stability, especially when standing on a single leg such as when walking or climbing stairs. If strained, it will elicit pain just above the hip joint on the side of the pelvis.









If you have pain in the gluteal (buttocks) region, then it's most likely coming from a strained muscle called the piriformis. This muscle runs diagonally from the sacral spine across the gluteal region to the hip joint, and it will become strained and elicit pain if the gluteus medius strains first, and the piriformis tries—and eventually fails—to assist in providing balance and stability.”

I would highly recommend that you read the full article along with the exercises he provides for strengthening and stretching various muscles.

There will be situations when a hip replacement is necessary but before you decide on this course of action, strengthen and stretch the surrounding muscles with yoga, exercise or physiotherapy. I know that a lot of people experience problems when their pelvis is out of alignment and think it's a problem with their hips. It's muscular and can be easily resolved.

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## YOGA POSTURES FOR THE HIPS

<p><b>SUPTA PADANGUSTHASANA</b>          Use a yoga belt to stretch the legs. Start by stretching the hamstrings. Then take the right leg first to the right to stretch the adductor muscles and then across the body to the left to stretch the outer thighs. Repeat with the left leg.          This helps to align the pelvic area, strengthens the hip joint and tones the lower spine.</p>	 <p style="text-align: right; font-size: small;">RORY EARNSHAW</p>
<p><b>UPAVISTA KONASANA</b>          Sit on a support such as a folded blanket or a block. Keep your spine upright and fold forward from the hips without rounding your spine. You may not go very far, which is fine. This posture relaxes stress-related tension in the abdominal muscles.</p>	 <p style="text-align: right; font-size: small;">JIMMY JOHNSON</p>
<p><b>ADHO MUKHA SVANASANA</b>          This is a whole body stretch which also warms you up and generates energy in the body. The posture increases flexibility of the hip, knee and ankle joints. It strengthens the ligaments and tendons of the legs. It also tones and relaxes the nervous system.</p>	 <p style="text-align: right; font-size: small;">JIMMY JOHNSON</p>
<p><b>UTTANASANA</b>          Use blocks for your hands and also your head. This posture rests and energises the heart and lungs. It increases the flexibility of the hip joint and strengthens the knee joint and its surrounding tissue and muscles.</p>	 <p style="text-align: right; font-size: small;">DAVID MARTINEZ</p>
<p><b>BHARADVAJASANA ON A CHAIR (sorry no photo)</b>          Practising on a chair ensures that you keep your hips level and your pelvis in good alignment. It helps to reduce any pain in the hip joints. Sit sideways on a chair with your hips level and your hands on the back of the chair. Twist first to the right and then move to the other side and twist to the left.</p>	 <p style="text-align: right; font-size: small;">MICHAEL VENERA</p>
<p><b>SUPTA BADDHAKONASANA</b>          This posture improves blood circulation in the abdomen, massaging and toning the abdominal organs. Helps the hips to become more supple. Place support under each thigh if you feel any discomfort in your hips or knees.</p>	 <p style="text-align: right; font-size: small;">JIMMY JOHNSON</p>
<p><b>VIPARITA KARANI</b>          This is a restorative and relaxing posture. It takes the weight off your legs and hips. Blood and hormones circulate better through the body when it is inverted. This posture alleviates nervous exhaustion, boosts confidence and reduces depression. It also helps to regulate blood pressure.</p>	 <p style="text-align: right; font-size: small;">MICHAEL VENERA</p>
<p><b>SAVASANA</b>          Always finish with Savasana as you completely surrender into stillness, letting down into the earth and allowing your body to integrate your practice.</p>	 <p style="text-align: right; font-size: small;">MARTIN SCORNETTO</p>