
When is yoga not appropriate?

Posted by DianaR - 2008/07/11 01:21

I have a friend who practices yoga as part of her daily routine, but she has developed osetoarthritis as an artifact of aging. She truly believes that yoga will remove her pain, yet it has actually worsened during the last year.

I have suggested that she take something stronger than White Willow Bark for the pain, because it isn't working. ON top of this, her regular physician has done xrays and they clearly show that spicules have developed in the areas responsible for her pain. Stretching and exercising these areas could make things worse.

Shouldn't she modify her poses to avoid stressing these areas?

When do you have to admit that yoga might not work for a condition?

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Re:When is yoga not appropriate?

Posted by mmk123 - 2008/07/11 13:52

If there are certain areas of the body that seem to worsen while being stretched, then I would say yoga wouldn't be the best idea, but most of the time basic yoga stretches are completely harmless

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