

Yoga Therapy Consultation

today's date _____

Name _____ Date of Birth _____ E mail _____

Physician _____ Diagnosis _____ Chief Complaint _____

Number of Years practicing yoga _____ Referred by _____

In all of the following, please note pain with Min. P, Mod. P. or Severe P.

Simple Standing Posture, or Mountain Pose:

- a.) ankles pronated or supinated Left _____ Right _____
- b.) knees, hyperextended: Y/N Left _____ Right _____
- | | | | | |
|----------------------------|-----------------|-----------------|-------------------------|-------|
| c.) hip Position: | Left | Right | d.) Rib Position: (Y/N) | |
| Neutral | _____ | _____ | Barrel chested | _____ |
| Excess External Rotation | _____ | _____ | Extra high Sternum | _____ |
| Excess Internal Rotation | _____ | _____ | Dropped/sunken | _____ |
| Lateral Hip displacement | _____ | _____ | | |
| Functional Hip Limitations | min. <u>L/R</u> | mod. <u>L/R</u> | severe <u>L/R</u> | |
- c.) Spinal curves, ie, straight, lordotic or kyphotic, use Min, Mod or Severe and whether Right or Left shifted
- Cervical spine _____
- Thoracic Spine _____
- Lumbar Spine _____
- d.) Functional Spinal Limitations: min., mod., or severe
- Cervical Spine _____
- Thoracic Spine _____
- Lumbar Spine _____
- | | | | | | |
|------------------------|-------|-------|-----------------------|-------|-------|
| e.) Shoulder Position: | Left | Right | f.) Scapula Position: | Left | Right |
| Neutral | _____ | _____ | Depressed | _____ | _____ |
| Inward Rotation | _____ | _____ | Elevated | _____ | _____ |
| Outward rotation | _____ | _____ | Abducted | _____ | _____ |
| | | | Adducted | _____ | _____ |

Breath Pattern Relaxed: chest, belly, or lateral rib pattern, circle one

Breath Pattern for Mountain Pose: chest, belly, lateral rib pattern, circle one

Cross Legged Sit Position or Chair Sit Position:

- a.) able to sit on ground and support props needed? _____
- b.) able, unable, (circle one) to get to neutral spine in sitting?
- c.) If crosslegged sitting, distance in inches of knees to floor? _____
- d.) best to chair sit and note props required for comfort: _____
- e.) manner of getting *up* from floor or chair: easy, moderate, or difficult (circle one)
- f.) manner of getting *down* to the chair or floor: Easy, Moderate, Difficult (circle one)

Gait: Painful? Y/N , Difficulty with balance? Y/N, Recommend gait Evaluation, Y/N

Therapist _____ Referral/Doctor _____

Yoga Therapy Consultation name _____

Hands and Knees Posture: describe each joint below:

- a.) 90 degrees at hips and at shoulders with ease? Y _____ N _____
- b.) wrists _____
- c.) elbows _____
- d.) ribs and abdomen _____
- e.) hips _____
- f.) ankles _____

Temple Pose:

- a.) Feet level for four corners? Where is majority of weight?
- b.) Ankles Pronated or Supinated or Neutral? (circle)
- a.) Are knees *in line* with middle toes, or, *forward of them*, or *back past them*? In order to describe hip rotation, circle best choice
- b.) lumbar spine is, Neutral, Hyperlordotic, or Hypolordotic
- c.) breath pattern with hands in prayer
- d.) breath pattern with arms overhead

Foot to Foot Balance: take a few tries on each side

- a.) able to come into balance posture on left foot, and _____ seconds of balance?
- b.) able to come into balance on right foot and _____ seconds of balance?

Sun Salutation:

- a.) breath leads into movement or movement and breath are not connected
- b.) knees hyperextended or soft for the excursion
- c.) spine stabilized for ascending
- d.) spine stabilized for descending?
- e.) Scapulae depressed for entirety?
- f.) Shoulder ROM allows arms overhead, or, is restricted Min., Mod., Severely

Crescent Pose:

- a.) back ankle position _____
- b.) front ankle position _____
- c.) laterally, hips are level _____ or which hip is high? _____
- d.) note excess of anterior or posterior pelvic tilt _____
- e.) shoulder rotation is neutral, internally or externally rotated (circle one)

Warrior I:

- a.) front leg: ankle, knee hip, notes:
- b.) back leg: ankle, knee, hip, notes:
- c. Cervical spine/shoulder/arm, notes:

Downward Facing Dog:

- a.) hand placement _____
- b.) elbows _____
- c.) shoulders _____
- d.) ribs and breath pattern _____
- e.) knees _____ f.) feet _____