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Results of an Occupational Therapy Program based on Relaxation and Yoga Activities.

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Introduction

Alternative medicine is no longer apart from "traditional" medical settings. Recent literature refers the positive effect that regular treatments have when combined with "non- traditional" disciplines such as Acupuncture, Bach Flowers, Relaxation, and Yoga.

Relaxation has been described as an effective approach to pain and stress treatment. Occupational Therapy may use elements from these disciplines as therapeutic activities.

Objective

To describe the impact of an 8 session program of Relaxation and Yoga activities on participant's Physical Pain and Health.

Description/Report

Six persons participated in a program of group therapy based on relaxation techniques and yoga, carried out by an Occupational Therapist at the Clinical Hospital University of Chile. Participants had several diagnoses such as Painful Shoulder, and Carpal Tunnel Syndrome, all of them resulted in physical Pain. During session 1 and 8, participants were assessed using the SF 36 Health Questionnaire and the Analogue Visual Scale for Pain. Participants were also asked for a report about their personal experiences in the program and perceptions they got about it. During session 2 to 7, participants were involved in relaxation and yoga activities. Results/Discussion Results exhibit changes in both of two assessments mentioned previously.

Significant changes were found in the Analogue Visual Scale for Pain.

According to results, most of participants referred a better quality of life when finished the program. Participants learnt ways to control breathing, and how useful that was for pain control in daily life. Also, they mentioned the possibility of getting new habits or rearrange old ones, to create a better satisfying routine.

Conclusion

Participants reduced physical pain and could improve their perceptions of own health. Also, they were able to redesign daily routines and incorporate new habits to manage pain. The involvement in activities that provide possibilities for exploring and learning new ways to control an individual's own body and mind, is an useful approach to the treatment of pain, and contributes in quality of life.

Contribution to the practice/evidence base of occupational therapy.

This experience shows how non- traditional disciplines can be considered as creative and effective intervention activities for an Occupational Therapist in the treatment of pain.