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Integrating Yoga in Physical therapy intervention for patients with cardiopulmonary diseases

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As yoga incorporates breathing techniques, core stabilization, postural re-education, flexibility and chest wall mobility, it is an invaluable intervention technique to use for patients with various cardiopulmonary diseases, such as asthma or cystic fibrosis. It also has widespread application to patients admitted in the acute care hospital setting that may present with airway clearance needs as complications of hospitalization and post-surgical pain, as well as atelectasis resulting from decreased mobility. Yoga is a gentle technique that has also been shown to have a positive impact on anxiety and depression, which are commonly seen in patients that have a chronic illness. As many patients with various cardiopulmonary diseases suffer from neuromuscular impairment as well, yoga can be used effectively to treat both static and dynamic balance issues. Last, yoga can be modified to fit the needs of a diverse patient population in terms of age, disease severity, multi-system impairment level. This presentation will inform the learners of evidence-based practice utilizing yoga to treat various cardiopulmonary diseases as well as provide practical clinical application of these techniques.

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