

Hasta Uttanasana or raised arms pose as lifestyle for kyphosis after coronary artery bypassgraft surgery (CABG) Expert pathway as Protocol

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Kyphosis is an abnormally rounded back with rounded shoulders including the cervico-thoracic spine after coronary artery bypass graft (CABG) surgery. Aim and objectives of the present study are to improvise the range of motion of Cervico-thoracic spine, shoulder girdle and the respiratory efficiency within the guidance of physiotherapy rehabilitation guidance at out-patient department. Need: As the quality of life with physical, psychological, social and environmental aspects are drastically reduced in 1 year of post-op CABG cases, this study brings a new connection to one's own life. Intervention: Spinal extension with the moment based guidance along the range of motion by the researcher. There is the possibility of greater proprioception with hasta uttanasana or raised arms posture selected from yoga texts. The postural alignment during the training is the key for quick recovery and the prevention of progression of disability in post-operative CABG males. Results: Specifically the range of motion and the repetition maximum are compared on weekly basis to see the gradual progression. There were significant improvements within 6 months. Conclusion: Hasta uttanasana or raised arms pose improves muscles strength and reduces kyphosis easily after 1 year of CABG.

Biography

Amaravathi Eraballi has her experience in Physiotherapy evaluation and rehabilitation of CABG cases from 2007. Her expertization in tune with PhD in Yoga and Life Sciences helping many more on offline and online even during Covid-19. The relevant research and publications are into reputed journals at international level. Her key points relating the modern and ancient knowledge wisdom make every case recover fast and prevent many more lifestyle disorders and diseases since 2007. Presently she is at central government University, India guiding many graduations, post-graduation, master and doctoral level research works