



Therapeutics Yoga Protocol

Protocol:

- Complete Myofascial Release protocol EVERY DAY.
- Alternate with Pre-Recorded Yoga Classes to encourage deep core strength and mid-back mobility.

Self- Myofascial Release Routine (MFR)

- Recovery Rounds (teal balls)
- “Centre” Inflatable Ball

3 minutes of the S-MFR technique

Begin and end each technique with 5 big inhales and exhales

Focus on the exhale as a chance to dissolve tension

Concerns and Progress:

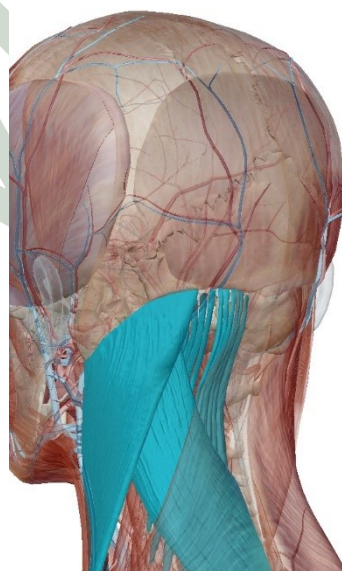
- Consistent headaches originating from the back of neck: *reported fewer headaches in the afternoons after 3 weeks of protocol*
- Posterior cervical spine tension and pain: *reported daily MFR on Right shoulder decreases tightness and pain*
- Head placement on neck veers to the Right causing strain on neck and jaw: *reported better head alignment and less eye strain*
- Tightness in low back region



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1. Myofascial Release: Base of Skull

- Block on medium setting
- Align ridge of skull with bottom edge of block
- RELAX INTO THE BLOCK
- Slowly look side to side
- Look Left + $\frac{1}{2}$ way back to center + gentle circles for 60 -90 seconds
- 4 to 5 minutes total

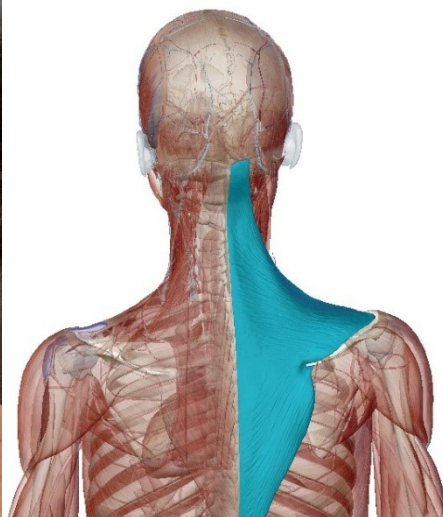




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2. Myofascial Release: Upper Trapezius

- 2 Teal MFR Balls: Corner meeting where neck and upper crest of shoulders meet
- Hips on blocks
- Arms overhead
- Contract/Release alternating hands with breath
- 3 minutes

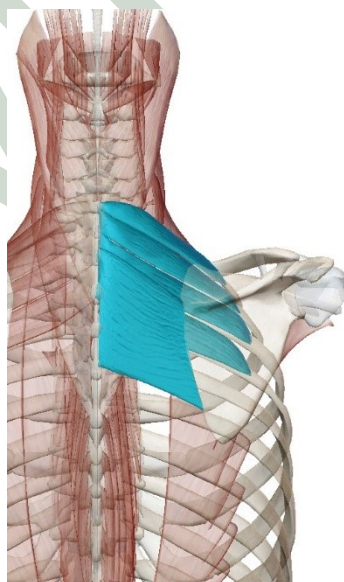




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3. Myofascial Release: Right Shoulder

- PLACEMENT: Inner edge of shoulder blade; soft tissue “ravine” between blade and spine
- Clockwise circles with the R elbow
- Look to Left
- 3 minutes





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4. Stretch: Strap Series with Leg Sways

- “Plug” thigh bone into socket
- Hang leg in strap
- Allow leg to sway side to side
- 2 minutes each leg

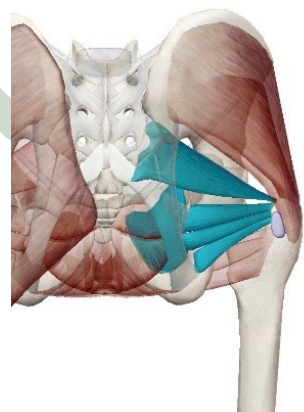




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5. Myofascial Release: Sacrum with Figure 4 Legs

- PLACEMENT of TEAL MFR BALL: Directly under L edge of sacrum
- Left ankle on the R thigh (Figure 4 Shape)
- Rock lower body side to side
- 2 minutes





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6. Myofascial Release: NECK MUSCLES with Shoulder Wrap

- **PLACEMENT:** 2 Teal MFR Balls: in between the shoulder blades
- Wrap hands around opposite shoulders (stack elbows)
- Rock elbows side to side
- 3 minutes

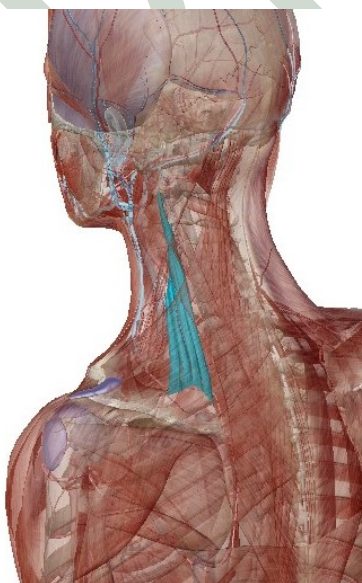




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7. Seated Neck Stretch

- Twist to Right with Right arm across body
- Look over the opposite Left Shoulder
- Drop chin to chest (tuck chin under collarbone)
- INHALE: Lift chin and look up
- EXHALE: Lower chin and tuck in
- 10 reps; repeat on second side

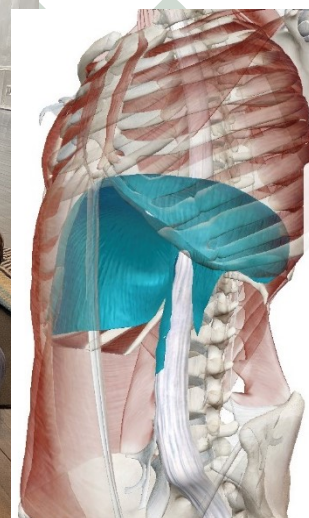




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8. Diaphragm Myofascial Release

- PLACEMENT: 2 Teal MFR Balls next two each other; 1 inch below your lowest ribs
- Belly down, forehead down
- 6 minutes of 3- Part Breathing





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Additional Recommendations:

Guided Breathing exercises:

Complete 3- Part Breathing

This breathing technique teaches you to fill the low back with air and space on the inhale. Doing so relieves “pull” or strain on the lumbar discs.

<audio file in folder>

Equal Duration Breathing for “Balance and Ease”

A classic yogic breathing exercise that helps balance the mind and body.

<audio file in folder>

Pre-Recorded Yoga Classes:

“Unravel Shoulder Tension” Yoga Therapeutics Class

This class focuses on unraveling tension in shoulders, traps and neck. Gentle stretches and nerve flossing techniques will help you become aware of unconscious tension patterns so you can release and move freely.

50 minutes

[TAKE CLASS HERE](#)

“Yoga for Mental Clarity” Yoga Therapeutics Class

Learn targeted stretches that relieve neck strain and support upper and mid-back mobility. Practice specific breathing techniques that promote mental clarity and end your class with brain-balancing contralateral movements to relax your mind and body.

30 minutes

[TAKE CLASS HERE](#)



Lisa Ash Yoga
Yoga Therapeutics Protocol

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SAMPLE