

Restorative Yoga in Arthritis Pilot Study Results

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1 Background

The U. S. Department of Health and Human Services attribute arthritis as a major cause of disability in the United States due to the physical limitation it can result in. Observation of the physical limitations caused in a private practice rheumatology clinic and personal benefit from years of yoga practice lead to a pilot study with Iyengar Restorative Yoga to determine clinical benefit with regular practice on increasing flexibility reducing pain, improving quality-of-life and perceived overall sense of health and well-being.

2 Methods

A quasi-experiment, one group pre and posttest design pilot study was conducted. The Health Assessment Questionnaire was used to measure physical limitation and quality-of-life pre and post exercise intervention. The Pain Disability Index was used to measure pain level pre and post exercise intervention. A total of five participants completed the Restorative Yoga intervention. Three were diagnosed with rheumatoid arthritis, one diagnosed with osteoarthritis and one diagnosed with both. The participants were female between the ages of 28 to 65.

3 Results

1. Clinical Significance shown in four of five study participants for increased flexibility, reduced pain, improved quality-of-life and perception of overall well-being. One had no change.
2. Anecdotal comments supported these findings. One comment was "I didn't know I could practice yoga for exercise". Three others agreed they had increased energy after the exercise that was sustained through the week between sessions.

5 Conclusion

1. The pilot study findings support benefit in increasing flexibility, reducing pain and improving quality-of-life and perceived overall well-being.
2. The limitation of the pilot study are related to the small sample size; limited number of yoga session offered and varied arthritis diagnosis per group.
3. Extending the pilot study to a full clinical trial, increasing number of participants, lengthening yoga sessions offered and separating arthritis diagnosis by group would help to quantify and provide knowledge for a feasible non-pharmacologic intervention to recommend to individuals with physical limitations from

4 Data

Attrition 0% Attendance 100%
Adverse Events -0

