

Below Knee And Above Knee Yoga Practices

Have a chair or wall nearby

Never do anything that doesn't feel good to your body.

If bending the knee with the residual limb feels uncomfortable, go on to the next pose.

All of these poses can be adapted in a chair.

Centering

A short practice on awareness.

1. Sit down if you are able.
2. Take a few deep breaths in and out.
3. Bring all your attention to your lower belly. What do you notice? Is the belly moving as you breathe? Does it feel warm, cool, hot, somewhere in between?
4. Become aware of the belly and your clothing. Can you differentiate?
5. As you focus on your belly, do you notice any changes in your breathing? Are you thinking about your belly or something else?

Centering is that simple. Centering is about bringing your full attention to this moment, right now. You can do this anytime of the day for instant relief and relaxation.

Breathing

1. Dirgha Pranayama (Breathing from the belly)
2. Breathe in and out.
3. Feel your belly become big and small again.
4. Begin to count in your mind.
5. Inhale 1-2. Exhale 1-2-3. Inhale 1-2-3. Exhale 1-2-3-4.
6. Do this for about 5 minutes.
7. As you become more familiar with this breathing technique, you can begin to inhale and exhale through the nose only, keeping the mouth relaxed and closed.

Benefits: This breath oxygenates the farthest reaches of the lungs. It calms and soothes the mind and introduces deep breathing. It is very meditative.



Warm ups

- Sit in a chair if they are sitting with strength (otherwise on their back with supportive props)
- Pelvic tuck and release with hands on hips to feel hip flexors
- Grab residual limb on outside of thigh as if placing ankle on opposite thigh for increased piriformis stretch .If you are missing one limb, press remaining foot into floor as the residual limb rolls in towards the midline while lower abdominals draw in to the spine
- Internally rotate thighs and draw lower abdominals in to the spine(lengthens psoas)
- Grab residual limb and ½ circle hip(internal and external rotation)
- Place hands on thighs and do torso circles
- Figure 8's on the sitz bones
- Hands on stumps(if comfortable) or tops of thighs- spinal flexes
- “The lighthouse move”. Sit erect, then turn the center of the chest(as if it were the light in the lighthouse) to the right and left. This teaches the bilateral amputee to develop internal strength and length. Try pivoting the light up to the sky once the twist has reached its edge. You can place one hand on the heart if you balanced enough.

Yoga Poses

Mountain



1. Stand with feet hip width apart
2. Reach feet down into earth into all four corners as you lift crown up to the sky on exhale.
3. Lift knee caps up
4. Draw belly in
5. Lift arms overhead on inhale, interlocking hands, index fingers pointing to the sky.

In a chair , focus on your sitz bones reaching down , your spine lifting up, your shoulders back , collarbone lifted, chin parallel.

Half moon

1. Stand in mountain
2. Interlock hands above the head(if you have high blood pressure, keep arms to the side)
3. Reach over to the right, lengthening your torso as you do. Exhale.
4. Inhale to center
5. Reach to the left.
6. Inhale to center
7. Reach
8. Standing forward bend



Seated twist

1. Sit on the floor with your legs extended. If uncomfortable sit on a pillow or in a chair.
2. Bend your right knee, placing the right foot to the inside of the left leg.
3. Lift your spine.
4. Reach your left hand for your right knee.
5. Twist to the right as you exhale.
6. Inhale back to center
7. Switch sides



Cobra/sphinx

1. Lie on your belly
2. Extend your legs behind you, zipping up the thighs
3. Tuck your tailbone under
4. Slide your hands underneath your shoulders
5. Reach your pubic bone into the floor
6. Either come up on your elbows with your palms spread wide, or press into your palms and reach the chest forward . Keep chin slightly tucked.
7. Inhale, exhale, release



Locust



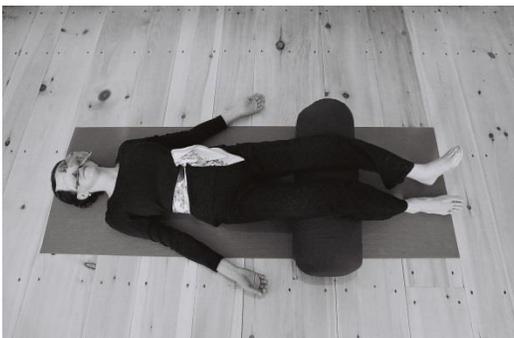
1. Lie on your belly
2. Tuck your tailbone under
3. Reach your arms to your side, palms down
4. Lift the legs , chest and head off the floor, staying long .
5. Keep your chin slightly tucked
6. Inhale.
7. Exhale, release.

Knees to chest

1. Lie on your back.
2. Tuck your tailbone under
3. Hug one knee then the other in towards the chest.
4. Rock from side to side.
5. Inhale.
6. Exhale, release.



Relaxation



1. Roll on your back
2. Extend your legs
3. Tighten the entire body as you inhale
4. Exhale relax and release the tension
5. Stay on your back for 5-30 minutes resting

Namaste, Marsha

