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Yoga and Physiotherapy Congress

October 16-17, 2017 Chicago, USA

Keynote Forum Day 1

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James M McKivigan

Navy Physical Therapist, USA

Yoga therapy and breast cancer

Yoga is being utilized with positive results in breast cancer patients as an intervention for lymphedema. This treatment has some medical and psychological benefits to offer. The majority of the studies have been undertaken only after extreme challenges facing breast cancer patients have already been identified. Several studies are bordered on the benefits that yoga treatment offers to a breast cancer patient. This article is undertaken to bridge that gap on the effectiveness of the yoga treatment for lymphedema in breast cancer patients. Such effectiveness can be assessed through the evaluation of a number of individuals with breast cancer who have availed the use of yoga for the treatment of lymphedema. This process calls for surveying and interviewing of breast cancer patients whom yoga has helped. Lymphedema is a condition that manifests when the lymphatic system is compromised due to localized fluid and tissue swelling brought about after the disruption triggered by the lymphatic system. Edema, pain, and on several occasions swelling, all characterize signs and symptoms of lymphedema. Over 140 million individuals around the world experience lymphedema following breast cancer intervention. There are many causes that can make one susceptible to acquire lymphedema which are classified into primary and secondary causes. In primary cause, an individual acquires the ailment through genetic since it can be inherited. In secondary cause, one acquires the disease through injury of the lymphatic system.

Biography

James M McKivigan is a retired United States Navy Physical Therapist and Chiropractor who is a Professor at Touro University in Henderson, Nevada. He has served in a variety of clinical settings including acute care, rehabilitation, home health, and outpatient care. He is active in professional associations including American Physical Therapy Association, Nevada Chapter of the American Physical Therapy Association, the American Chiropractic Association, Nevada Chiropractic Association, and past Member of the Florida Chiropractic Association.

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Sudhanva Char

Life University, USA

Wellness: Urgent need to assimilate techniques from divergent modalities

The scope for integrating different modalities for health care and wellness is enormous. Such joint endeavor is also urgent in view of the epidemic of drug overdosing and suicidal deaths, symptomatic of mental infirmity. Chiropractic can retain yogic techniques that address mental ill health issues exceedingly successfully. Despite much silo-think there is certainly respectable brain storming for both diagnostics as well as therapy as between ayurveda, physical therapy (PT), yoga chikitsa, chiropractic and other systems. Collaboration is rewarding: effective healing and salutary benefits. Of late PT has been retaining more and more of the asanas or poses of yoga such as lumbar twists, the downward dog posture, the sun salutation and other exercises. Case control and cohort studies have shown significant improvement in muscle flexibility, muscle strength and the functionality of the spine, the joints and in overall wellness with yoga. This paper identifies therapy diagnostics and modalities that make common cause with the goals of decompressing lumbar, cervical and spinal structures as well as de-stressing the central nervous system. Yogic abdominal breathing shuts off inner mental chatter and ushers in a meditative environment. Integrated health care practice combined with saatvic nutrition helps correct ubiquitous flawed practices such as paradoxical breathing which are not just deleterious to health, but also off-putt healing effects of effective therapy. Flawed lifestyles including indulgences also slow down homeostasis. It's time to get integral.

Biography

Sudhanva Char has been on the Faculty of Life University for over two decades. He teaches Biostatistics. He is a Certified Yoga Teacher. Over the past 30 years he has enabled hundreds attain robust physical and mental health and overcome numerous ailments. Over a hundred of his research papers have been published in peer-reviewed journals.

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Yoga and Physiotherapy 2017

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Dutch Martin

Carnegie Mellon University, USA

How yoga breaks you down so you can break through

As a certified yoga instructor, I strive every day to provide students with a practice that not only moves their bodies, but moves their spirits and feeds their minds with what they need to become the best version of themselves. This involves non-judgmental, compassion, meeting each student where he/she is on his/her mat, and assuring them that, no matter what, they are good enough. That being said, as a husband and father, it took going through yoga teacher training for me to finally unload over forty years of excess emotional and psychological baggage from my upbringing, punctuated by poverty, growing up without a father, and discovering a family secret about me that nearly pushed me to the breaking point, before I was finally able to have the emotional breakthrough that I so desperately needed. It has helped me to be a better husband, father and instructor. Thanks to a pivotal moment during teacher training, where I broke down in tears in a room full of like-minded souls, I have finally been able to not only accept who I am in a loving and nonjudgmental way, but I would like to share my story with the conference attendees (especially men), and show them that we have to break down in order to break.

Biography

Dutch Martin Born and raised in Cleveland, OH. Dutch Martin knows what it means to pull himself up from his bootstraps and overcome adversity. Dutch found yoga in August 2013 at a time in his when he decided to look at his health and wellness goals through a fresh pair of eyes. Like many, he caught the “yoga bug” early on, and was immediately hooked. It was the first form of exercise he had ever done where he felt exhausted and exhilarated at the same time! He decided to become a yoga instructor, with the desire to give back to others what yoga had given him: a deep physical, mental and emotional healing. He earned his RYT-200 certification from Dancing Mind Yoga in Falls Church, Virginia in 2015, and has been teaching yoga ever since. Dutch currently serves as President of his Toastmasters Club, is a participant in the Washington, DC chapter of the National Speakers Association’s Speaker Academy, and is currently studying to become a certified speaker, trainer and coach with the Les Brown Institute and the John Maxwell Team. When he’s not teaching yoga, perfecting his forearm stand on his yoga mat, or speaking to inspire, Dutch spends time reading motivational and self-help books. He is supported and anchored by his wife, Ibtissam, and young son, Luther.

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Sudhanva Char

Life University, USA

What are its capabilities?

Yoga is the science of perfect well-being. Yoga resonates with robust physical, mental and emotional health. Both as a cure and as a prophylactic Yoga helps cure numerous illnesses and overcome suffering, besides shielding from germs and even genetic typos. It has the key to wellness and happiness as well as to the ubiquitous opioid epidemic costing about \$150 billion per annum just on account of lives lost, not counting the Pareto dead-weight loss due to inefficient use of resources. Yoga promotes homeostasis and gives us the wisdom to regard the body as a hologram of the universe, in a realistic practical way. It teaches how one can avoid pressing into service the autonomic sympathetic nervous system to meet stressful situations and instead make use of the parasympathetic nervous system in the subcortical brain. As a physical and mental exercise that promotes wellness, it calls for minimal non-competitive effort and low calorie consumption instead of maximum effort and high calorie consumption, as well as competitive endeavor of traditional exercise. Yoga has slow but dynamic movements whereas other exercises call for forceful and tense movements that may tear ligaments and injure muscles. Yoga improves cardio-vascular efficiency as well as alpha brain waves, taking the practioner to the next higher level of mindfulness. Yoga is hailed as future medicine, and yet lends itself as alternative and complementary therapy. By making stress management easy it changes the toxic ambiance and circumstances conducive to cancer and numerous ailments related to the heart, endocrine system, and kidneys. Today there is ample clinical evidence supporting these claims, besides several millennia of anecdotal evidence. It is high time that yoga is brought to the high table of current discussion of health-related affairs both to improve effectiveness of treatment as well to realize cost-effectiveness.

Biography

Sudhanva Char Ph.d. has been on the Faculty of Life University for over two decades. He teaches Biostatistics. Prof. Char is a Certified Yoga Teacher. Over the past 30 years he has enabled hundreds attain robust physical and mental health and overcome numerous ailments. Over a hundred of his research papers have been published in peer-reviewed journals.

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