

## **Medical Therapeutic Yoga Biopsychosocial Rehabilitation and Wellness Care by Ginger Garner, PT, DPT, ATC/LAT, PYT**

As a clinician-academician and researcher of integrative therapies, I have incorporated several aspects of yoga into each domain. The evidence is clear regarding yoga for various populations within rehabilitation practice and this text is a guidebook for applications in interprofessional care.

Dr. Garner has decades of experience as a clinician and is the founder of the Living Well Institute. She developed Medical Therapeutic Yoga teacher certification for health care professionals and bridges the rehabilitation medical model with yoga precepts, principles, and passion. Using biopsychosocial underpinnings, she bridges necessary elements for holistic care. In addition, her Lifestyle Medicine certification and training rounds out the necessary environmental contextual framework necessary for well-being as an individual and society.

Her book opens with a Foreword by Dr. Shirley Telles, a prominent researcher and the Director of the Patanjali Research Foundation and a personal and heartfelt message to the evolution of Dr. Garner's integration of yoga in her personal and professional life. Through this lens she gravitates to the heart of the matter in constructs of healing.

To give a visual as the reader dives deep into the narrative of each chapter, information is provided on instructional videos via QR codes, which illuminates the pictures and descriptions in a dynamic forum for the visual learner. Chapter 1 provides precepts for integration of yoga and rehabilitation with a historical perspective that undergirds challenges within eastern and western medicine and the need for mindfulness and partnership in medicine. This partnership is a necessary element for patient adherence and outcomes, in alignment with the Institute of Medicine. In the midst of the COVID-19 pandemic we witness a dismantling of silos and a shift toward partnerships given unprecedented times. Dr. Garner offers yoga as a platform for all aspects of healthcare within a system in great need of change. She illuminates these in precepts where yoga is a natural segue to enhancing delivery of health care through holistic care. Nuanced creativity such as the use of sound, music and voice foster unique access to innovate change and these precepts offer a foundation for the collective whole.

Chapters 2 through 4 reinforce the evidence for the biopsychosocial model of care with intersectionality of yogic principles as it applies to specific populations including vestibular disorders. Foundational stability in developing flexibility alongside progression as yoga is visually highlighted via algorithms & simple tables for knowledge translation in clinical practice. Latest research in pain neuroscience and neural mobilization (Moseley, Butler) is coupled with physiology of connective tissue with the ultimate goal of allostasis. Meditation is introduced as an added benefit of neuroendocrine regulation with underlying changes in telomere maintenance which has genetic implications to optimize health. Chapter 4 highlights the respiratory system which includes unique addition of orofacial phonation strategies to promote the

relaxation response through the hypothalamic pituitary adrenal axis. Dr. Garner innovatively adds novel strategies which may require oversight to master despite the rich QR codes for greater visualization. For healthcare professionals, assessment and motor skill development must be experiential to optimal patient care. The special tests and screening prerequisites are critical for clinical enhancement.

Chapters 5 through 10 dive deep into the specificity of safe functional movement assessment through critical components of optimal kinematics, efficient motor patterns, adaptability to imposed stressor and tissue extensibility with sensorimotor integration. The pictures further illuminate progression of yoga principles incorporating these precepts. These chapters are particularly useful in present form to address granular aspects of each asana/posture needed to achieve a focused goal.

The final chapters highlight applied medical therapeutic yoga, includes the FITT principle and applied case studies (i.e. low back pain) including logical sequences with evidence based references. Caveats in safe inversions postures especially shoulder and headstands require considerable years of practice before safely performing these higher level asanas. Chapter 12 addresses systemic healthcare issues alongside barriers to receipt of yoga in healthcare in addition to various outcome measures and business practices. This final chapter pulls together previous information in the text and Dr. Garner encourages mainstreaming the use of yoga in healthcare to foster an interprofessional focus and paradigm shift. The glossary and references are helpful to the reader to support integration into clinical practice and to justify utility in DPT education through experiential exercises. The felt experience of this text via application to oneself is the starting point for application in patient care. Overall, this is a guidebook for the healthcare professional willing to open horizons for population health and well-being. Dr. Garner beautifully gifts us with her expertise through the pages of this integrative treatise.

Grateful for this opportunity,

Mary Lou Galantino, PT, PhD, MSCE, FAPTA  
Professor of Physical Therapy, Stockton University Galloway, NJ;  
University of Pennsylvania Philadelphia, PA;  
University of Witwatersrand, Johannesburg, South Africa