



YOGA FOR PAIN CARE AUSTRALIA

Referral Process

This document explains how to refer patients with pain to pain-sensitive yoga that best suits their needs.

1. Download and complete the Yoga for Pain referral form from our website

2. Ask your patient about their expectations for yoga

This helps you and your patient identify the best teacher and class. Ask "Why do you want to do yoga?" and "Is there anything you are afraid of?" You could also discuss their willingness and capacity to travel to a class and what they are prepared to spend.

3. Tell them about the Yoga for Pain Practitioner Register

Explain that the register lists yoga teachers who understand persistent pain and offer a range of classes and one-to-one consultations. The register also names physiotherapists and other health professionals who can help them prepare for yoga classes if they are worried or have injuries.

4. Discuss the best type of class to begin with

There are a range of pain-sensitive yoga options to choose from. Pain-specific classes or private consults help students reduce pain and move better, so are recommended if your patient has pain flares after exercise, is nervous or hasn't moved for a while. Pain-friendly classes are general yoga classes suitable for those comfortable moving without a pain flare and who can adapt postures. Yoga for Pain Programs are structured courses designed for specific outcomes. These are offered by a selection of practitioners.

5. Encourage your patient to call teachers and do their research

They can call teachers on the register or visit the studio to see if it is a good match. They can also find helpful tips on how to start yoga when you have pain in our blog.

6. Prepare your patient

Make sure your patient understands how persistent pain works. If your patient experiences pain flares after exercise, explain this is common for people with a sensitised nervous system (as is often the case with persistent pain). You could also teach a short body and breath awareness meditation (contact us for examples), remind your patient that yoga is not about fancy moves, and give them the FAQ resource to read which can be downloaded from our website.

7. Manage your patient's expectations

Yoga does not offer a quick fix. While your patient will probably build mobility and flexibility, yoga is a contemplative practice that affects mind, body and self-understanding. Remind your patient to start yoga slowly and gently, and give it time. Going slower to begin with allows greater progress in the long term.

For more guidance on matching students with the right class, email us info@yogaforpaincare.com.

Find out more about what we do and how to get involved:

info@yogaforpaincare.com

www.yogaforpaincare.com

