

## **How Do I Practice Yoga When Injured?**

From the Curvy Mat, Episode 27

00:06 Anna Guest-Jelley: Hi there, Anna here, founder of Curvy Yoga, here with you today for another episode of From the Curvy Mat. This an important one many of us are gonna have to face at one time or another. Here is the reader question: "I recently injured my shoulder. It's not a big deal but I still wanna be careful about it. What should I do?" First of all, oh, sorry to hear about your shoulder. Second, big disclaimer time. So, I don't know about you, but there's been plenty of times where I thought, "Oh, my injury isn't a big deal. I don't need to go to the doctor". And then, I really regretted that decision down the road. So, I have a perfect example for you. A few years ago, I stepped on a piece of glass because I'm always barefoot. And I even went to UrgentCare and they tried to get it out but they weren't totally sure and so I was just like, "Yeah okay, I'm gonna go with it, I'm sure it's fine". And even though it was still kind of sensitive, I was like, "Oh, it's probably just from it getting treated. I'm just gonna pretend like everything is okay". And it was until the piece of glass about a month later started to work its way back out of my foot. Yes, that was about as pleasant as you might imagine, not pleasant at all.

01:35: So, that's my disclaimer, go to a doctor, make sure you're okay. Yoga teachers are not doctors for the most part. Maybe there are some, I know there are some who cross over but for the most part they are not and they need then information from your doctor to help support you and make sure you're safe. So, get the information you need. That's step 1. Step 2, if your doctor has cleared you for participating in yoga, is to collaborate with your teacher. So, please tell your teacher you're injured. I hear so many times from my own students and from students who practice with other teachers, "Oh, I just didn't tell him about it, I didn't think it mattered". It matters. Your yoga teacher wants to know what's going on with you, trust me. So, fill them in, get their support, and what they think would be most helpful. If you usually practice at home this may be a great time to pop in to see your yoga teacher so they can really see in person what is going on and if that's not possible for some reason you gotta go fall back on doctor again, physical therapist or someone who can say, "Okay yeah, this is a good plan", or, "This is not a good plan for your shoulder".

02:49: The next thing to do is to go gently. So, our bodies are designed to keep us safe. If they sense that we're gonna get injured they, oh, they tighten up and they prevent us as much as possible from getting injured. So, when we go too far past an injury in our yoga practice our body pretty much does the opposite of what we were hoping. Rather than slowly healing and opening up and responding to the movement, it clinches down and makes it that much harder for you to heal. So, go gently and really listen for the difference between pain which is often a sharp, "Ouch" kind of thing and sensation which may be uncomfortable but isn't verging into the sharpness and quickness of pain.

03:39: Okay, I'm sending lots of love to your shoulder. Person who wrote in, I hope that you're on the mend and that you're getting the support that you need. And for the rest of us, whether we have injuries now or may in the future or maybe rehabbing old injuries, let's go with kindness folks. Let us know in the comments below, how do you practise yoga when you're injured. Thanks for being here.

04:03: If you enjoyed this video, if you know somebody else who you think would be interested, I would love for you to share it on Facebook or Twitter. Come hang out with me on the Curvy Yoga Facebook or Twitter page. And if you'd love a little more Curvy Yoga in your life, go to my website, sign up, and you'll get two free chapters of my book, "Permission to Curve". Bye.