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SIX MONTHS OF THERAPEUTIC YOGA FOR POST-INJURY BACK PAIN: A CLINICAL CASE REPORT

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ABSTRACT

Background: Back pain following an injury can significantly affect mobility, daily activities, and quality of life. Therapeutic yoga may be considered a supportive approach to rehabilitation when appropriately adapted to the patient's clinical condition.

Aim: To describe the application of a six-month therapeutic yoga programme in a 56-year-old female patient presenting with severe back pain following an injury.

Materials and Methods: This case report was conducted involving a 56-year-old female patient presenting with severe back pain following an injury. The patient underwent a six-month period of therapeutic yoga practice. The intervention was intended to support pain management, relaxation, and functional recovery through an individualized yoga approach. The patient's clinical history and available medical records were considered when describing the case. Details regarding the specific yoga practices, frequency and duration of sessions, concurrent treatments, and pre- and post-intervention assessments should be included according to the actual treatment records.

Results: The patient participated in therapeutic yoga practice for six months as part of her management for severe back pain following an injury. The extended intervention period allowed for continued engagement in yoga-based practices aimed at supporting pain management and functional recovery.

Conclusion: This case highlights the potential role of therapeutic yoga as an adjunctive component of individualized rehabilitation for back pain following injury. Documented clinical outcomes and appropriate medical assessment are necessary to evaluate the patient's response and determine the contribution of yoga to recovery.

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INTRODUCTION

Back pain is a common musculoskeletal condition that can affect mobility, functional independence, and quality of life. It may arise following an injury or physical strain and can interfere with routine activities, including walking, sitting, standing, and bending. Appropriate clinical assessment is essential to identify the underlying cause and determine suitable management. The World Health Organization recommends a person-centred approach to chronic primary low back pain, incorporating appropriate non-surgical interventions according to individual clinical needs [1].

Yoga is a mind–body practice that combines physical postures (asanas), breathing techniques (pranayama), and relaxation. Therapeutic yoga involves adapting these practices to an individual's symptoms, physical capabilities, and clinical condition. A Cochrane systematic review by Wieland et al. reported that yoga may produce small improvements in pain and back-related function compared with no exercise in adults with chronic nonspecific low back pain; however, the evidence does not establish its effectiveness for every cause of back pain [2]. Therefore, yoga should be considered a complementary approach rather than a replacement for appropriate medical assessment and treatment.

In patients experiencing back pain following an injury, the selection of yoga practices requires particular attention to safety. Clinical evaluation is necessary to identify potential structural damage or neurological involvement before initiating physical practice. Any therapeutic programme should be individualized, progressed according to tolerance, and monitored for adverse symptoms.

The present case report describes a 56-year-old female patient with severe back pain following an injury who practised therapeutic yoga over six months. The report aims to document the therapeutic approach and evaluate the patient's clinical response using available information on pain intensity, functional mobility, and daily activities. The findings may contribute to clinical understanding of individualized yoga practice as an adjunct to the management of back pain, provided that the intervention and outcomes are supported by appropriate clinical documentation.

AIM AND OBJECTIVES

Aim: To study the effect of therapeutic yoga on severe back pain and functional mobility in a 56-year-old female patient following an injury over a period of six months.

Objectives:

1. To assess the severity of back pain before and after therapeutic yoga intervention.

2. To evaluate changes in functional mobility before and after the intervention.

3. To assess changes in the patient's ability to perform daily activities following six months of therapeutic yoga.

4. To document the clinical response to therapeutic yoga over the six-month intervention period.

MATERIALS AND METHODS

Study Design and Setting

A descriptive case report was conducted involving a 56-year-old female patient presenting with severe back pain following an injury. The patient underwent therapeutic yoga practice over a period of six months. The case was documented to describe the therapeutic yoga intervention and assess the patient's clinical response during the treatment period.

Study Participant

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The patient was a 56-year-old female with a history of injury associated with severe back pain. According to the available hospital record dated 15 July 2026, she underwent an emergency medical assessment, and hospital admission was advised. However, the patient's attendant declined admission. The available medical documentation did not establish the definitive diagnosis or provide detailed radiological findings.

Therapeutic Yoga Intervention

The patient underwent a structured therapeutic yoga programme for six months. The intervention was individualized according to her clinical condition, pain severity, and physical tolerance. The programme focused on appropriate therapeutic yoga postures, breathing practices, and relaxation techniques, with modifications according to clinical suitability.

The specific asanas and sequence of practices were based on the therapeutic yoga programme prescribed to the patient. Practices were intended to support relaxation, movement tolerance, and functional mobility. The frequency and duration of individual sessions should be reported according to the actual treatment records.

List of asanas practiced were :

[1] FOLD LEG SAVASANA



[2] SUPT. TADASANA

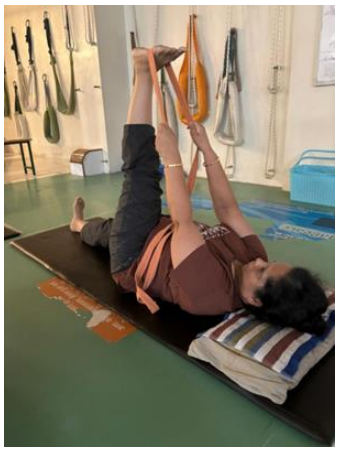


[3] BHARDHAWAJ ASANA ON CHAIR



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[4] SUPT. PADH ANGUSTATION 1



[5] SUPT. PADH ANGUSTATION 2



[6]PAWAN MUKTASANA



[7] SUPT. BHARDHAWAJASANA



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[8] SUPT. MARICHAYASANA



[9] CROSSING



[10]LEG TRACTION



[11] BACK TRACTION



[12] KNEE TRACTION FROM FRONT

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[13]FOLD LEG SHAVASANA



Assessment Parameters

The patient's clinical response was considered in relation to the following parameters:

1. Severity and intensity of back pain.

2. Spinal mobility and movement tolerance.

3. Ability to perform routine daily activities.

4. Overall functional improvement following therapeutic yoga.

5. Patient-reported response and any adverse symptoms during the intervention.

Pre-intervention and post-intervention observations should be compared using available clinical records and patient-reported assessments.

RESULTS

The 56-year-old female patient with a history of injury and severe back pain underwent therapeutic yoga practice over a period of six months. During the intervention period, the patient participated in the prescribed therapeutic yoga programme.

Following completion of six months of therapeutic yoga practice, the patient reported complete relief from back pain. An improvement in her overall clinical condition was observed, with resolution of the presenting pain complaint as reported by the patient. This favourable response suggests a positive clinical outcome following the six-month therapeutic yoga programme.

The complete relief of back pain represents the principal outcome of this case report. The findings highlight the potential role of individualized therapeutic yoga as a supportive approach in the management of back pain following injury. However, the contribution of yoga should be interpreted cautiously, considering the possibility of concurrent medical treatment and the absence of objective pre- and post-intervention measurements.

Table 1. Clinical Outcome Following Six Months of Therapeutic Yoga

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Clinical parameter Before intervention After 6 months

Back pain Severe Completely relieved

Pain-related symptoms Present Resolved

Overall clinical condition Symptomatic Improved

DISCUSSION

Back pain is a common musculoskeletal condition that can significantly affect physical functioning, mobility, and quality of life. Pain following an injury may interfere with routine activities and require an individualized approach to management. Therapeutic yoga incorporates physical postures (asanas), breathing techniques, and relaxation practices that may support physical and psychological well-being [1,2].

In the present case, a 56-year-old female patient presented with severe back pain following an injury and underwent therapeutic yoga practice for six months. At the completion of the intervention period, the patient reported complete relief from back pain. This favourable clinical outcome highlights the potential role of therapeutic yoga as a supportive approach in the management of back pain.

Yoga-based interventions may influence pain-related symptoms through several mechanisms, including improved body awareness, relaxation, gradual movement exposure, and improved physical functioning. Gentle and appropriately modified yoga practices may also help individuals develop better movement confidence and reduce unnecessary muscular tension. However, the selection of postures is particularly important in patients with a history of injury, as inappropriate movements may aggravate underlying musculoskeletal conditions [1].

Wieland et al. reported that yoga may provide small improvements in pain and back-related function compared with no exercise in individuals with chronic nonspecific low back pain [1]. The World Health Organization also recognizes structured, individualized non-surgical approaches as important components of chronic primary low back pain management [2]. Although these findings provide a scientific background for considering yoga in back pain management, they cannot be directly generalized to traumatic back pain without establishing the underlying diagnosis.

The complete relief reported by the patient after six months represents an encouraging clinical observation. Nevertheless, this improvement cannot be attributed exclusively to therapeutic yoga because the available records do not provide detailed information regarding concurrent medical treatment, objective pain measurements, or serial functional assessments. The absence of a control group is also an inherent limitation of a single-patient case report.

The present case emphasizes the importance of individualized therapeutic yoga, appropriate clinical evaluation, and regular follow-up in patients experiencing back pain following an injury. Further studies involving larger patient populations, standardized yoga protocols, and validated outcome measures are required to establish the effectiveness of therapeutic yoga in this clinical setting.

CONCLUSION

The present case report describes the clinical course of a 56-year-old female patient with severe back pain following an injury who practised therapeutic yoga over a period of six months. Complete relief from back pain was reported following the intervention. This observation suggests that therapeutic yoga may have a potential supportive role in the management of back pain when appropriately individualized and incorporated into comprehensive patient care. However, the findings are limited to a single case, and further controlled clinical research is necessary to establish its therapeutic effectiveness and determine the contribution of yoga to clinical recovery.

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1. Yogacharya Dhakaram

Yogacharya Dhakaram is an internationally renowned Yoga Guru and the Founder of YogaPeace Sansthan, Jaipur. He has always viewed yoga not merely as a physical discipline, but as a complete science for a healthy, happy, and peaceful life, and has dedicated himself to making it accessible to people in a simple, practical, and effective manner.

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