

Yoga as a Complementary Therapy for Patients Recovering from Severe Spinal Injuries

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Abstract: *Yoga has emerged as a valuable therapeutic practice for patients recovering from serious spinal injuries, offering both physical and mental benefits during rehabilitation. This abstract explores the role of yoga in enhancing recovery by improving mobility, strength, and flexibility, particularly in the muscles surrounding the spine. By incorporating gentle stretches, breathing exercises, and mindfulness techniques, yoga helps alleviate pain, reduce stress, and enhance overall well-being in spinal injury patients. Studies have shown that regular yoga practice can aid in restoring motor functions, promoting neural regeneration, and improving balance and coordination, crucial for patients with limited mobility. Furthermore, yoga supports mental health recovery by reducing anxiety and depression, which are common in individuals coping with long-term spinal injuries. As a complementary therapy, yoga fosters a holistic approach to rehabilitation, improving both physical outcomes and quality of life in spinal injury patients. This abstract highlights the growing importance of integrating yoga into spinal injury recovery programs for more comprehensive and patient-centered care.*

Keywords: Muscle Strengthening, Flexibility Improvement, Stress Reduction