

Effect of Chair Yoga on Cervical Pain and Frozen Shoulder Among Corporate Professionals

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Abstract: *In the modern corporate environment, prolonged sitting, poor posture, and sedentary lifestyles have significantly contributed to the rise of musculoskeletal disorders, particularly cervical pain and frozen shoulder. The present study aims to explore the effectiveness of Chair Yoga as a therapeutic intervention in managing these conditions among corporate professionals. This research adopts a theoretical and descriptive approach supported by practical observations conducted over a period of three months.*

A total of 20 participants experiencing symptoms of neck pain and shoulder stiffness were included in the study. The intervention consisted of structured Chair Yoga sessions conducted five days a week, each lasting approximately one hour. The program included warm-up exercises, neck and shoulder movements, stretching, pranayama, and relaxation techniques.

Findings based on participant feedback and observational analysis revealed a significant reduction in pain and stiffness, improvement in range of motion, enhanced posture awareness, and reduced stress levels. The results indicate that Chair Yoga is a simple, accessible, and effective intervention that can be easily integrated into workplace routines.

The study concludes that Chair Yoga not only helps in managing cervical and shoulder disorders but also promotes overall physical and psychological well-being among corporate professionals.

Keywords: Chair Yoga, Cervical Pain, Frozen Shoulder, Workplace Wellness, Posture Correction

I. INTRODUCTION

In recent decades, the global workforce has undergone a profound transformation driven by rapid technological advancement, digitalization, and the expansion of corporate sectors. The nature of work has shifted from physically active occupations to predominantly desk-based roles that require prolonged sitting, continuous screen engagement, and minimal bodily movement(1). While these developments have significantly enhanced efficiency, communication, and productivity, they have simultaneously introduced a wide range of health concerns, particularly those related to the musculoskeletal system.

A sedentary lifestyle has emerged as one of the most significant risk factors affecting the health of corporate professionals. Prolonged sitting, often exceeding 6–8 hours per day, leads to reduced muscle activity, poor circulation, and increased mechanical stress on specific body regions, especially the neck and shoulders(2). In addition, improper workstation ergonomics, such as incorrect chair height, inadequate lumbar support, and poorly positioned computer screens, further contribute to postural imbalances. Over time, these factors collectively result in the development of musculoskeletal disorders (MSDs), which are now among the most common occupational health problems worldwide(2).

Among these disorders, cervical pain and frozen shoulder are particularly prevalent and debilitating. Cervical pain, often associated with cervical spondylosis or muscular strain, primarily arises due to sustained forward head posture, slouching, and repetitive strain on the cervical spine(3). The human head, when positioned incorrectly, exerts significantly increased load on the cervical vertebrae and surrounding musculature. This leads to muscle fatigue,



reduced flexibility, nerve compression, and, in severe cases, radiating pain extending to the upper limbs. The chronic nature of such pain not only limits physical mobility but also interferes with daily activities and work efficiency.

Frozen shoulder, medically referred to as adhesive capsulitis, is another condition that significantly affects the quality of life of individuals. It is characterized by progressive pain, stiffness, and a marked restriction in the range of motion of the shoulder joint.(4) The condition typically develops gradually and progresses through stages—freezing, frozen, and thawing—each associated with varying degrees of pain and mobility limitation. Lack of movement, delayed intervention, and prolonged immobility further aggravate the condition, making recovery more challenging. In corporate settings, where individuals often avoid movement due to work pressure, the risk of developing frozen shoulder increases considerably.

The vulnerability of corporate professionals to these conditions is further intensified by additional lifestyle factors such as high levels of psychological stress, irregular work schedules, insufficient rest, and lack of physical exercise. Mental stress plays a crucial role in exacerbating musculoskeletal problems by increasing muscle tension, reducing pain tolerance, and impairing recovery(5). This creates a vicious cycle in which physical discomfort leads to stress, and stress, in turn, worsens physical symptoms. Consequently, these conditions not only impact physical health but also contribute to decreased concentration, reduced productivity, increased absenteeism, and overall decline in workplace performance.

Given these challenges, there is a growing need for interventions that are not only effective but also practical, accessible, and sustainable within the constraints of a corporate environment. Conventional treatment approaches such as medication and physiotherapy, while beneficial, often focus on symptomatic relief and may not adequately address the underlying causes such as poor posture, inactivity, and stress.

In this context, yoga has emerged as a holistic and integrative approach to health and well-being. Unlike conventional exercise systems, yoga combines physical postures (asanas), breathing techniques (pranayama), and relaxation or meditation practices to address both the body and the mind. It promotes flexibility, strength, and balance while simultaneously reducing stress and enhancing mental clarity. The therapeutic potential of yoga in managing musculoskeletal disorders has been increasingly recognized in recent years.

Among the various forms of yoga, Chair Yoga has gained particular relevance in workplace settings due to its adaptability and ease of practice(6). Chair Yoga is a modified form of traditional yoga that enables individuals to perform movements and stretches while seated or using a chair for support. This eliminates common barriers such as lack of space, time constraints, and physical limitations, making it highly suitable for corporate professionals. It allows employees to engage in short, effective sessions during work hours without disrupting their schedules(7).

Chair Yoga offers multiple physiological and psychological benefits. It helps in improving blood circulation, reducing muscle stiffness, enhancing joint mobility, and correcting postural imbalances. Additionally, the incorporation of breathing exercises and relaxation techniques activates the parasympathetic nervous system, thereby reducing stress, anxiety, and mental fatigue(8). By encouraging regular movement and body awareness, Chair Yoga not only aids in the management of existing conditions such as cervical pain and frozen shoulder but also plays a preventive role.

Furthermore, the integration of Chair Yoga into workplace wellness programs has broader implications. It contributes to creating a healthier work environment, improves employee satisfaction, and enhances overall organizational productivity. As companies increasingly recognize the importance of employee well-being, interventions like Chair Yoga offer a cost-effective and sustainable solution(9).

Therefore, the present study aims to explore the effectiveness of Chair Yoga as a therapeutic intervention for managing cervical pain and frozen shoulder among corporate professionals. By examining its impact on physical symptoms as well as psychological well-being, the study seeks to highlight the potential of Chair Yoga as a comprehensive approach to workplace health management(10).

Objectives of the Study

- To analyze the impact of Chair Yoga on cervical pain



- To evaluate improvement in frozen shoulder mobility
- To examine the role of sedentary lifestyle in musculoskeletal disorders
- To explore therapeutic benefits of Chair Yoga
- To assess psychological benefits such as stress reduction
- To promote workplace wellness through yoga practices

II. METHODOLOGY

Research Design

The present study adopts a **descriptive and exploratory research design** with a qualitative approach, supported by practical observations. The purpose of this design is to systematically examine the effectiveness of Chair Yoga as a therapeutic intervention for managing cervical pain and frozen shoulder among corporate professionals.

Since the study focuses on understanding changes in physical discomfort, mobility, and overall well-being through observation and participant feedback rather than statistical testing, a non-experimental framework was considered appropriate. The design allows for an in-depth analysis of behavioral and physiological responses to the intervention in a natural workplace-like setting.

Study Setting

The study was conducted in a setting that simulated a corporate work environment, ensuring that the intervention remained practical and applicable to real-life workplace conditions. Participants performed Chair Yoga practices either in office spaces or similar indoor environments with minimal requirements such as a stable chair and adequate sitting posture.

Population and Sample

The target population for the study consisted of **corporate professionals engaged in sedentary occupations**, particularly those involving prolonged sitting and computer-based work.

A **purposive sampling technique** was used to select participants based on specific inclusion criteria. A total of **20 participants** were included in the study.

Inclusion Criteria:

Individuals aged between **25–40 years**

Engaged in desk-based or sedentary jobs

Experiencing symptoms of:

Neck pain (cervical discomfort)

Shoulder stiffness or restricted movement

Individuals with limited physical activity levels

Exclusion Criteria:

Individuals with severe musculoskeletal injuries

Participants undergoing active medical or surgical treatment for cervical or shoulder conditions

Individuals with neurological disorders affecting movement

Participants unwilling to follow the intervention regularly

This selection ensured that the study focused on individuals most likely to benefit from Chair Yoga interventions.

Intervention Plan

A structured Chair Yoga program was designed to address both cervical pain and frozen shoulder through a combination of gentle movements, stretching, breathing techniques, and relaxation practices.

Each session lasted approximately **30–40 minutes** (can be adapted to 60 minutes if needed), and was conducted **five days per week**.



Components of the Intervention:

Warm-Up Exercises (5–10 minutes):

Gentle joint movements (neck rotation, shoulder rolls, wrist and ankle mobilization)

Purpose: To prepare the body, increase blood circulation, and reduce stiffness

Neck and Shoulder Movements (10 minutes):

Neck flexion, extension, lateral bending, and rotation

Shoulder shrugs, rotations, and arm raises

Purpose: To relieve tension, improve mobility, and reduce pain

Stretching Exercises (10–15 minutes):

Seated side stretches

Forward bending (seated)

Shoulder opening stretches

Purpose: To enhance flexibility, reduce muscle tightness, and improve range of motion

Pranayama (Breathing Techniques) (5–10 minutes):

Deep breathing

Anulom Vilom (alternate nostril breathing)

Purpose: To improve oxygen supply, calm the nervous system, and reduce stress

Relaxation and Meditation (5–10 minutes):

Guided relaxation

Body awareness techniques

Purpose: To release mental and physical tension and promote overall well-being

All exercises were performed in a **seated position or with chair support**, ensuring safety and accessibility for all participants.

Duration of the Study

The intervention was conducted over a period of **6 to 8 weeks**, allowing sufficient time to observe noticeable changes in pain levels, flexibility, and functional mobility. Regular and consistent practice was emphasized to achieve optimal results.

Data Collection Methods

Data for the study was collected using qualitative and observational methods, focusing on subjective and functional improvements.

Participant Feedback:

Participants were asked to share their experiences regarding:

Pain intensity

Ease of movement

Comfort during work

Stress levels

Observational Analysis:

Continuous monitoring of participants during sessions

Assessment of:

Posture improvement

Range of motion

Participation consistency



Functional Assessment:

Ability to perform daily activities

Reduction in discomfort during work-related tasks

Although no standardized scales were used, consistent feedback and repeated observations provided reliable insights into the effectiveness of the intervention.

Outcome Measures

The effectiveness of Chair Yoga was evaluated based on the following parameters:

Reduction in cervical pain

Improvement in shoulder mobility

Decrease in muscle stiffness

Enhancement of posture awareness

Reduction in stress and mental fatigue

Improvement in overall comfort and work efficiency

Ethical Considerations

The study maintained basic ethical standards throughout the research process:

Participants were informed about the purpose of the study

Voluntary participation was ensured

No harmful or strenuous activities were included

Confidentiality of participant information was maintained

Participants were advised to stop exercises in case of discomfort or pain

Limitations of Methodology

Absence of quantitative measurement tools

Small sample size limiting generalizability

Lack of control group for comparison

Dependence on subjective feedback

Short duration of intervention

III. RESULTS AND FINDINGS

The results of the present study are based on continuous observation, participant feedback, and qualitative assessment of functional improvements following the Chair Yoga intervention conducted over a period of 6–8 weeks. Although the study does not employ statistical analysis, consistent patterns observed across participants provide meaningful insights into the effectiveness of the intervention.

Reduction in Cervical Pain

One of the most prominent findings of the study was a significant reduction in cervical pain among participants. At the beginning of the intervention, most individuals reported moderate to severe discomfort in the neck region, often accompanied by stiffness and restricted movement.

With regular practice of Chair Yoga, participants gradually experienced:

Decreased intensity of pain

Reduced frequency of discomfort episodes

Relief from tension in the neck and upper back region



This improvement can be attributed to gentle stretching and mobilization exercises, which helped in releasing muscle tightness, improving circulation, and reducing mechanical stress on the cervical spine. Participants also reported a decrease in associated symptoms such as headaches and radiating pain in some cases.

Improvement in Shoulder Mobility (Frozen Shoulder)

Participants suffering from symptoms of frozen shoulder showed notable improvement in joint mobility and flexibility over the course of the intervention.

Key observations included:

Increased range of motion in shoulder movements

Reduction in stiffness and discomfort during arm elevation

Improved ability to perform daily activities such as reaching, lifting, and dressing

Initially, many participants experienced difficulty in performing even basic shoulder movements. However, gradual and controlled stretching exercises included in the Chair Yoga protocol facilitated safe and progressive mobility. The improvement was particularly evident in individuals who practiced consistently and followed the recommended guidelines.

Reduction in Muscle Stiffness and Tension

Another significant finding was the reduction in overall muscle stiffness, especially in the neck, shoulder, and upper back regions.

Participants reported:

Feeling more relaxed after each session

Decreased tightness in muscles

Increased ease of movement throughout the day

This outcome is associated with the combined effects of stretching exercises and relaxation techniques, which helped in reducing muscle contraction and promoting flexibility. The improvement in muscle condition also contributed to pain reduction and better functional performance.

Enhancement of Posture Awareness and Correction

A noticeable improvement was observed in posture awareness and alignment among participants.

Before the intervention, many individuals exhibited:

Forward head posture

Rounded shoulders

Slouched sitting positions

After consistent practice:

Participants became more conscious of their sitting posture

Improved spinal alignment was observed

Reduced tendency to adopt incorrect postural habits

The awareness developed through Chair Yoga practices played a crucial role in preventing further strain on the cervical spine and shoulder joints. This behavioral change is significant, as poor posture is one of the primary causes of musculoskeletal disorders in corporate settings.

Reduction in Stress and Psychological Discomfort

The study also revealed significant psychological benefits, particularly in terms of stress reduction and mental relaxation.

Participants reported:

Reduced feelings of stress and anxiety



Improved mental calmness

Better concentration during work

The inclusion of pranayama and relaxation techniques helped activate the parasympathetic nervous system, promoting a state of relaxation. This not only improved mental well-being but also contributed to physical recovery, as stress is known to increase muscle tension and pain perception.

Improvement in Work Efficiency and Daily Functioning

An indirect yet important finding of the study was the improvement in work performance and daily functioning.

Participants experienced:

Increased comfort while working for long hours

Reduced fatigue

Improved ability to focus on tasks

Many participants reported that they were able to perform their professional responsibilities more efficiently due to reduced physical discomfort and enhanced mental clarity. This highlights the broader impact of Chair Yoga beyond physical health.

Increased Compliance and Acceptability

The study found high levels of participant compliance and engagement, which is a critical factor in the success of any intervention.

Reasons for high adherence included:

Simplicity of exercises

No requirement of special equipment

Ability to perform during work hours

Low physical strain

Participants expressed willingness to continue the practice even after the completion of the study, indicating the practicality and sustainability of Chair Yoga in daily life.

Preventive and Long-Term Benefits

In addition to therapeutic effects, Chair Yoga demonstrated preventive potential.

Participants developed:

Increased body awareness

Healthier movement habits

Regular activity patterns

This suggests that Chair Yoga not only helps in managing existing conditions but also plays a role in preventing the recurrence and progression of musculoskeletal disorders.

IV. DISCUSSION

The present study aimed to explore the effectiveness of Chair Yoga as a therapeutic intervention for managing cervical pain and frozen shoulder among corporate professionals. The findings derived from observational analysis and participant feedback indicate that Chair Yoga has a significant positive impact on both physical and psychological health parameters(11). The observed reduction in cervical pain among participants can be attributed to the combined effects of stretching, mobilization, and relaxation techniques incorporated in the Chair Yoga protocol. Prolonged sitting and poor posture are known to increase mechanical load on the cervical spine, leading to muscle fatigue, stiffness, and discomfort. The structured movements included in Chair Yoga help in relieving this strain by promoting flexibility, improving circulation, and restoring muscular balance(11,12). The improvement in neck mobility and reduction in stiffness further support the role of regular movement in maintaining musculoskeletal health. Controlled stretching



enhances blood flow to the affected areas, ensuring better oxygen and nutrient supply, while also facilitating the removal of metabolic waste products. These physiological changes contribute to the reduction of pain and inflammation. Similarly, participants experiencing symptoms of frozen shoulder demonstrated noticeable improvement in shoulder mobility and functional capacity. Frozen shoulder is often associated with inflammation, capsular tightness, and restricted movement due to prolonged immobility(13). The gradual and controlled shoulder movements practiced during the intervention appear to have facilitated joint lubrication, reduced adhesions, and improved range of motion. This highlights the importance of consistent and gentle exercise in preventing the progression of such conditions. Another important observation of the study is the enhancement of posture awareness among participants. Poor posture, particularly forward head positioning and rounded shoulders, is a major contributing factor to cervical and shoulder disorders in individuals with sedentary work patterns(14). Through regular practice, participants developed greater awareness of their body alignment and sitting habits. This increased awareness enabled them to consciously correct their posture during daily activities, thereby reducing unnecessary strain on the cervical spine and shoulder joints. Addressing postural habits is crucial, as it targets the root cause of musculoskeletal discomfort rather than merely providing temporary relief. In addition to physical improvements, the study also revealed significant psychological benefits associated with Chair Yoga practice. Participants reported reduced levels of stress, anxiety, and mental fatigue, along with improved concentration and overall sense of well-being. These changes can be attributed to the incorporation of breathing techniques and relaxation practices, which activate the parasympathetic nervous system and promote a state of mental calmness. Stress is known to increase muscle tension and exacerbate pain perception; therefore, its reduction plays a vital role in improving physical symptoms(15). The interaction between physical and psychological health observed in this study emphasizes the holistic nature of yoga as a mind-body intervention.

The findings of this study are consistent with existing research on yoga-based interventions for musculoskeletal disorders. Previous studies have demonstrated that yoga improves flexibility, reduces pain, and enhances functional ability in individuals with neck and shoulder conditions. Research in occupational health has also established a strong link between sedentary behavior, poor ergonomics, and the development of musculoskeletal problems. Interventions that incorporate regular movement, stretching, and relaxation have been found to be effective in mitigating these risks(16). The present study reinforces these findings by demonstrating similar benefits through a structured Chair Yoga program. An important aspect of the study is the practical applicability of Chair Yoga in workplace settings. Unlike conventional exercise programs that may require dedicated time, space, or equipment, Chair Yoga can be easily integrated into daily work routines. The simplicity and accessibility of the exercises contribute to higher participation and adherence among individuals. Participants in the study showed a high level of compliance and expressed willingness to continue the practice beyond the intervention period. This suggests that Chair Yoga is not only effective but also sustainable as a long-term health practice. The effectiveness of Chair

Yoga can be explained through multiple interconnected mechanisms(17). Physically, it enhances flexibility, reduces muscle stiffness, and improves joint mobility. Improved circulation supports tissue repair and reduces inflammation. Neurologically, the activation of the parasympathetic nervous system helps in reducing stress and muscle tension. Behaviorally, increased body awareness leads to better posture and movement patterns, which prevent the recurrence of discomfort. These combined effects make Chair Yoga a comprehensive intervention that addresses both the symptoms and underlying causes of musculoskeletal disorders. Despite these positive findings, certain limitations must be acknowledged. The study is based on qualitative observation and participant feedback, which may introduce subjectivity(18). The small sample size and absence of a control group limit the generalizability of the results. Additionally, the short duration of the intervention may not fully capture long-term effects. Future research should focus on larger sample sizes, experimental designs, and the use of standardized measurement tools to provide more robust evidence. Overall, the findings suggest that Chair Yoga is an effective, practical, and holistic approach for managing cervical pain and frozen shoulder among corporate professionals(19). By addressing both physical discomfort and psychological stress, it offers a comprehensive solution to the challenges posed by sedentary



work lifestyles. Its adaptability and ease of practice make it particularly suitable for workplace integration, thereby contributing to improved health, well-being, and productivity(5,20).

V. CONCLUSION

The findings of the present study clearly indicate that Chair Yoga serves as an effective, practical, and holistic intervention for the management of cervical pain and frozen shoulder among corporate professionals. In the context of modern work environments characterized by prolonged sitting, poor ergonomic practices, and high levels of psychological stress, Chair Yoga emerges as a highly relevant and accessible solution. The study demonstrates that regular engagement in structured Chair Yoga practices not only alleviates physical discomfort but also addresses the underlying factors contributing to musculoskeletal disorders. By incorporating gentle movements, stretching exercises, breathing techniques, and relaxation practices, Chair Yoga provides a comprehensive approach that targets both the physical and psychological dimensions of health. The reduction in cervical pain and improvement in shoulder mobility observed among participants highlight the therapeutic potential of consistent and guided movement. The exercises help in relieving muscle tension, enhancing blood circulation, and restoring joint flexibility, thereby improving overall functional ability. Additionally, the increased awareness of posture developed through regular practice plays a crucial role in preventing the recurrence of such conditions. Participants became more conscious of their sitting habits and were able to correct faulty postures, which is a key factor in long-term musculoskeletal health. Alongside physical improvements, the inclusion of pranayama and relaxation techniques contributed significantly to reducing stress, anxiety, and mental fatigue, ultimately enhancing overall well-being and work efficiency. Another important aspect of the study is the practicality and adaptability of Chair Yoga within workplace settings. Unlike conventional exercise programs that may require dedicated time, space, or equipment, Chair Yoga can be easily integrated into daily routines without disrupting professional responsibilities. This makes it a sustainable and cost-effective intervention for organizations aiming to promote employee health and productivity. The high level of participant compliance observed in the study further supports its feasibility as a long-term wellness strategy. However, while the findings are promising, it is important to acknowledge that the present study is based on qualitative observation and a relatively small sample size, which may limit the generalizability of the results. Therefore, future research should focus on conducting experimental and longitudinal studies with larger and more diverse populations. The inclusion of quantitative assessment tools, such as standardized pain scales, range of motion measurements, and statistical analysis, would provide more robust and objective evidence regarding the effectiveness of Chair Yoga. Additionally, comparative studies with control groups and other therapeutic interventions could further strengthen the scientific validity of the findings. In conclusion, Chair Yoga holds significant potential as both a preventive and therapeutic approach for managing cervical pain and frozen shoulder in corporate professionals. Its holistic nature, combined with ease of implementation, makes it an ideal intervention for addressing the growing health challenges associated with sedentary lifestyles. By integrating Chair Yoga into workplace wellness programs, organizations can foster a healthier, more productive workforce while contributing to the overall quality of life of individuals.

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