

#### University of St Augustine for Health Sciences SOAR @ USA

Spring 2023 Virtual OTD Capstone Symposium

**OTD** Capstone Symposia

Spring 4-26-2023

## An Online Adapted Yoga Program for Adults with Parkinson's Disease

Abby Hani University of St. Augustine for Health Sciences, a.hani@usa.edu

Mary Smith University of St. Augustine for Health Sciences, msmith1@usa.edu

Christienne Parten University of St. Augustine for Health Sciences, cparten@usa.edu

Follow this and additional works at: https://soar.usa.edu/otdcapstonesspring2023
Part of the Neurology Commons, and the Occupational Therapy Commons

#### **Recommended Citation**

Hani, A., Smith, M., & Parten, C. (2023, April 26). An Online Adapted Yoga Program for Adults with Parkinson's Disease. Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from https://soar.usa.edu/otdcapstonesspring2023/20

This Poster/presentation is brought to you for free and open access by the OTD Capstone Symposia at SOAR @ USA. It has been accepted for inclusion in Spring 2023 Virtual OTD Capstone Symposium by an authorized administrator of SOAR @ USA. For more information, please contact soar@usa.edu, erobinson@usa.edu.

# An Online Adapted Yoga Program for Adults with Parkinson's Disease

# Abby Hani, OTS; Dr. Christienne Parten, OTD, Med, OTR; Dr. Mary Smith, PhD, OTR/L, RYT

#### Background

- Parkinson's (PD) is a neurodegenerative disorder affecting nearly 10 million people and ~1 million Americans (Parkinson's Foundation, 2022).
- PD affects motor and nonmotor functions, increasing disability over time (Dutta, 2020).
- Research shows that yoga  $\bullet$ improves motor function, balance, and functional mobility, reduces anxiety and depression, and increases QoL for patients with PD (Ban et al., 2021, Green et al., 2019).

#### **Problem**

Individuals with PD experience decreased function in many areas of occupational performance and lack access to alternative options for yoga, such as a resource for an online adapted yoga program.

#### Purpose

The purpose of this project was to develop an online adapted yoga **program** resource for people with PD to assist in incorporating yoga into their daily routine and sustain their practice.

#### **Pre-Development Phase:**

- Performed content analysis on current online adapted yoga programs
- Analyzed various online platforms
- Observed and participated in adapted yoga classes at Meadowlark Hills Retirement Community.

#### **Planning Phase:**

- Selected online platform.
- Developed an outline for the protocol of the adapted yoga program.

#### **Development Phase:**

- Chose the font style, size, and color palette to create appropriate aesthetics for the resource.
- Developed an adapted yoga program utilizing resources from the first two phases.

Functional in Motion Yoga Videos Articles Testimonials Definition of Terms Contact Us



#### Yoga Videos

Join me and engage in adapted, low-impact exercise through mind-body practice focusing on relaxation, pranayama, stretching, balance, and strengthening. Click the link below to take you directly to these fun, diverse videos tailored to your needs and physical abilities!

Go to Videos »

those with neuromuscular impairments. Go to Articles »





#### **Methods**

## Analyzed observation notes and made decisions about content.

### Developed the program's structure to fit the platform's design

#### **Recording Phase:**

- Acquired a professional studio room to record yoga videos for the online resource.
- Reviewed videos with the capstone project team and registered yoga instructors.

#### **Test/Launch Phase:**

- Uploaded video footage from the recording phase.
- Collaborated and gained feedback from experts (capstone project team).
- Made final edits to the online resource.

# Project Articles

Click the link below to access multiple research articles exploring the benefits of yoga and how engaging in this practice can impact you and your daily life! Learn more about how this mind-body practice affects

Definition	of	Terms

Are you new to practicing yoga? You can click the link below to learn about the common terms used within this practice and throughout my Yoga Videos. By familiarizing yourself with these terms you will be able to better follow

alona

Go to Definitions »

Video	Outline of Yoga Session	
Video 1	<u>Chair</u> $\rightarrow$ participants who have restrictions with balance and mobility and will be seated throughout session	
Video 2	<u>Chair &amp; Standing</u> $\rightarrow$ participants who can intermittently stand with use of chair/props for support to challenge balance, with adaptations to address balance restrictions, muscle tightness/weakness	
Video 3	<u>Floor</u> $\rightarrow$ participants who are able to transition to floor from standing, with use of props as needed and adaptations to address muscle tightness/weakness and core stability	

Scheduled to present this project at capstone experience site on June 1<sup>st</sup>, 2023. Incorporating the online adapted yoga program in a current research study to assist participants in sustaining their yoga practice at home.

References

#### Doctor of Occupational Therapy Program

#### **Dissemination**