

**DON'T DO THAT**  
EXERCISE AND TRAINING  
TECHNIQUES THAT YOU SHOULD  
NOT DO

# Yoga, Yes but be careful and do not push it.

## Some Poses are Risky and there are some I would Avoid.

The research is clear that there are many benefits from a well designed Yoga program, but there are **dangers**. When it comes to stretching and for that matter Yoga I do not have my clients: push too far into a stretch, have their head below their waist as in a headstand, and have them twisting and flexing the low back or neck especially under load. I do not see the benefit from these practices and there is so much risk ( see Don't Do This: Toe Touches, HeadStands, WindMill, Yoga Plow ). There are many motions and stretches that are kinder and more therapeutic. I always suggest when stretching to go the first resistance barrier and stop to let the stretch happen and that it should feel good. A stretch or a motion should not be painful or pushed too hard. **MAIN POINT:** There is no benefit from being hyper-flexible, except in certain sports like gymnastics and dancing. **I have compiled a List of Risky Yoga Poses Based on Issues I have with extreme Spinal Flexion, Head Below Waist, and Knee and Wrist Positions (see Risky Yoga Poses).** See article, See article 2: Please see article on some of the dangers of Yoga and what to do if you have osteoporosis and are pregnant.



**This is a well written article on some concerns with Yoga.** Excerpts: Even though there is a widely held perception that yoga is harmless, some studies do not support these claims. In 2009 Columbia University's College of Physicians and Surgeons conducted a worldwide survey of yoga teachers, therapists and doctors to determine the extent, nature and causes of yoga-related injuries they had seen. The largest number of injuries was to the lower back, associated with forward bends, twists, and backbends. Injuries included herniated disc.

**Research has found benefits to the Low Back from a Yoga Routine,** but they do not know the Why. Researchers haven't figured out why yoga helps with back pain. This Cochrane Review protocol offered a few guesses, suggesting that improved flexibility and muscle strength, as well as relaxation and body awareness, may help.

**Is it possible being too flexible.** SIMPLE ANSWER YES: Their extreme flexibility isn't necessarily a sign of anything dangerous. But being very, very flexible can put people at risk for injuries if their bodies don't have enough strength to stabilize their muscles as they stretch and bend.

**Stretching Deemphasized (interesting article):** De-emphasis of stretching in exercise prescriptions will ensure stretching does not negatively impact other exercise and does not take away from time that could be allocated to training activities that have more robust health and performance benefits. **I feel that gentle stretches and motions have a huge place in joint health and movement longevity, but it should not be ones sole fitness activity.**