

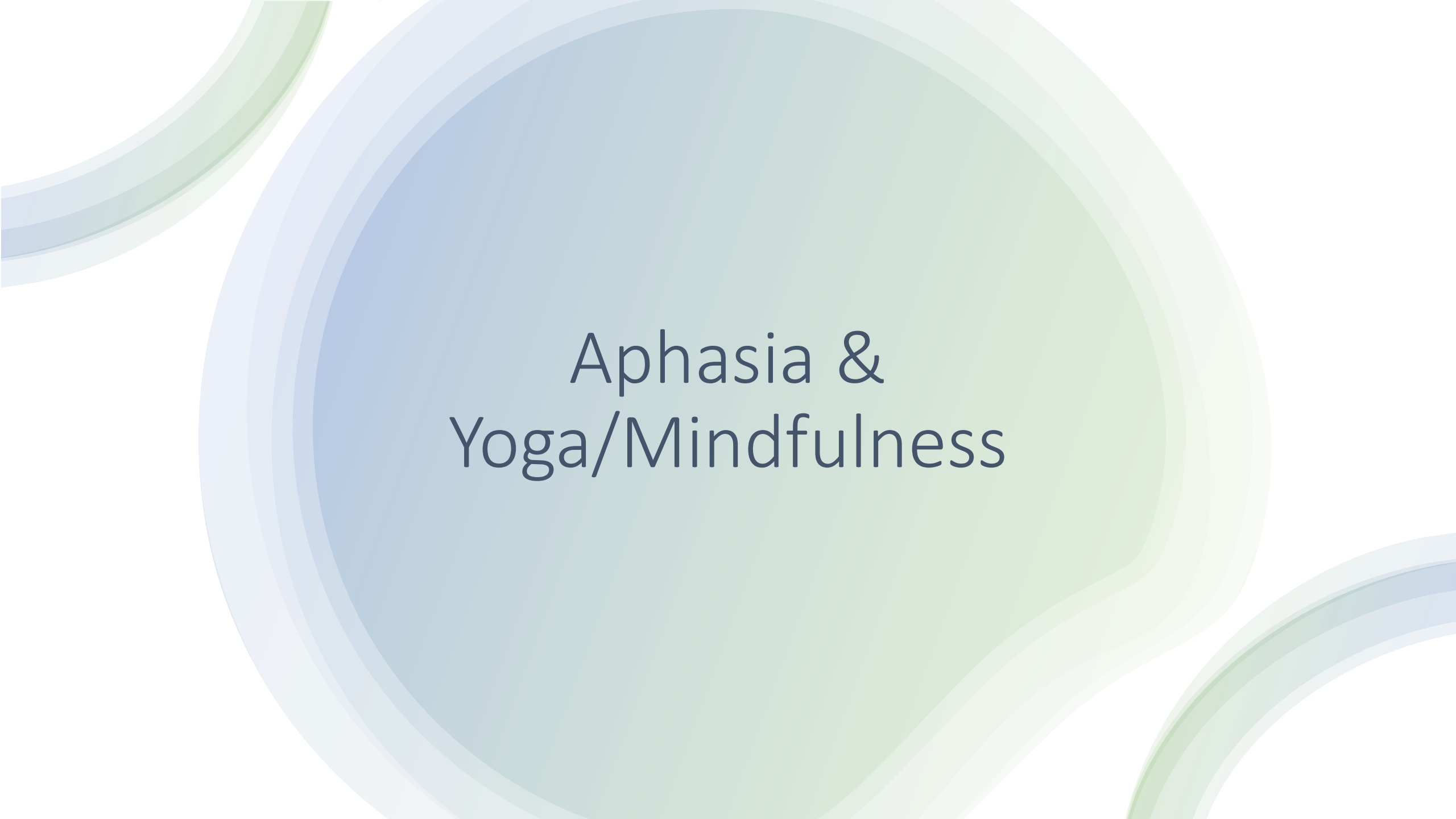
The Effect of Yoga & Mindfulness on Chronic Aphasia

Marisa Perry, B.S.

Faculty Sponsor: Amanda Eaton, PhD CCC-SLP

Learner Outcomes

1. Describe the relationship between yoga/meditation and aphasia
2. List considerations for implementation of yoga/meditation for people with aphasia
3. Identify potential benefits of yoga/meditation for people with aphasia



Aphasia & Yoga/Mindfulness

General Population

- Reduction in age-related loss in brain volume
- Areas of increases in brain volumes:
 - Posterior Cingulate
 - Hippocampus
 - Temporoparietal junction
 - Pons
- Changes in physiological measures (e.g., heart rate/ blood pressure/cortisol levels)

(Lazar et al., 2005)

Individuals with Aphasia

- Language gains (word productivity, phrase length, word generation, fluency)
- Decreased impulsivity
- Increased attentional capacity for non-language & language tasks
- Improvements in executive functioning & processing speeds
- Overall improvements in QOL and anxiety levels

(Bislick et al., 2022) (Dietz et al., 2020)

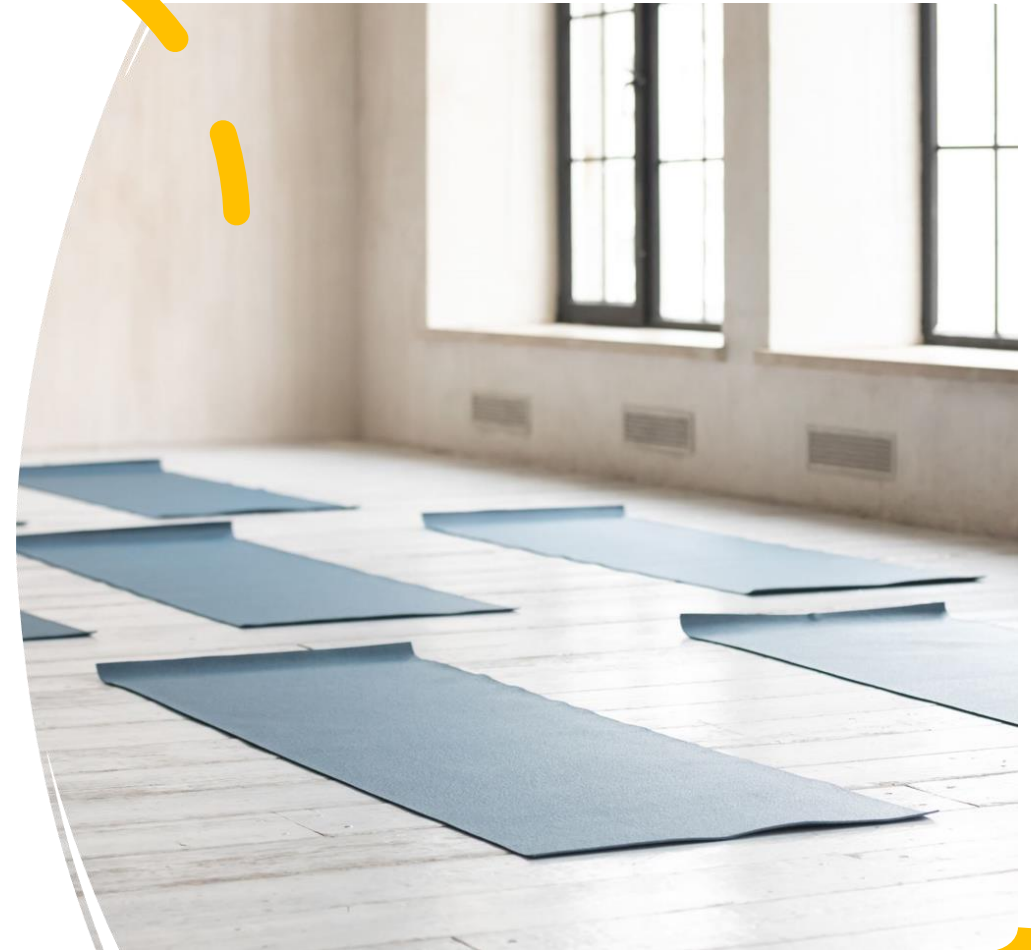


Considerations for Implementation

Chronic Aphasia & Yoga/Mindfulness in Practice

8-week yoga
& meditation
program

At home
practice &
journaling



YOGA/MINDFULNESS COMPONENTS?

SAME ROUTINE VS. DIFFERENT ROUTINE PER SESSION?

IS THE YOGA CLASS ACCESSIBLE?

HOME PRACTICE?



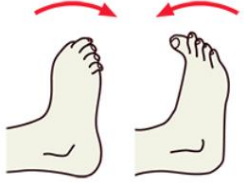





Pawanmuktasana Series 1









Constance Steinkamp



• 30 mins • Beginner • Pawanmuktasana Series 1 • Joints



Enjoy this simple at home sequence until we meet again on March 22nd!

<p>Inhale-Exhale 3m</p>  <p>1. Easy Pose • Sukhasana</p>	<p>Inhale-Exhale 2m</p>  <p>2. Staff Pose • Dandasana</p>	<p>Inhale-Exhale 2m</p>  <p>3. Toes Bending</p>	<p>Inhale-Exhale</p>  <p>4. Seated Ankle Rotations Upavistha Goolf Chakra</p>
<p>Exhale-Inhale</p>  <p>5. Ankle Crank On Chair • Goolf Ghorman On Chair</p>	<p>Inhale-Exhale 2m</p>  <p>6. Seated Ankle Rotations • Upavistha Goolf Chakra</p>	<p>Inhale-Exhale 4m</p>  <p>7. Seated Knee Rotation</p>	<p>Inhale-Exhale</p>  <p>8. Seated Knee Bending</p>

<p>Inhale-Exhale 3m</p>  <p>9. Seated Shoulder Rolls</p>	<p>Inhale-Exhale 3m</p>  <p>10. Shoulder Rotation External Internal</p>	<p>Inhale-Exhale 2m</p>  <p>11. Wrist Joint Rotation • Manibandha Chakra</p>	<p>Inhale-Exhale 2m</p>  <p>12. Wrist Bending</p>
<p>Inhale-Exhale 2m</p>  <p>13. Wrist Rolls Exercise Hands Clapsed</p>	<p>Inhale-Exhale 2m</p>  <p>14. Easy Pose Wrist Stretch • Sukhasana Wrist Stretch</p>	<p>Inhale-Exhale 2m</p>  <p>15. Seated Neck Rolls</p>	<p>Inhale-Exhale 2m</p>  <p>16. Neck Bend Exercise Close Up</p>

<p>Inhale-Exhale 3m</p>  <p>17. Easy Pose Neck Side Stretch • Sukhasana Neck Side Stretch</p>	<p>Inhale-Exhale</p>  <p>18. Supine Windshield Wiper Twist Pose</p>	<p>Inhale-Exhale</p>  <p>19. Corpse Pose • Savasana</p>
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- Easy access if you already have a Netflix subscription
- Limited number of steps to access meditations
- Only 3 types of meditations to choose from



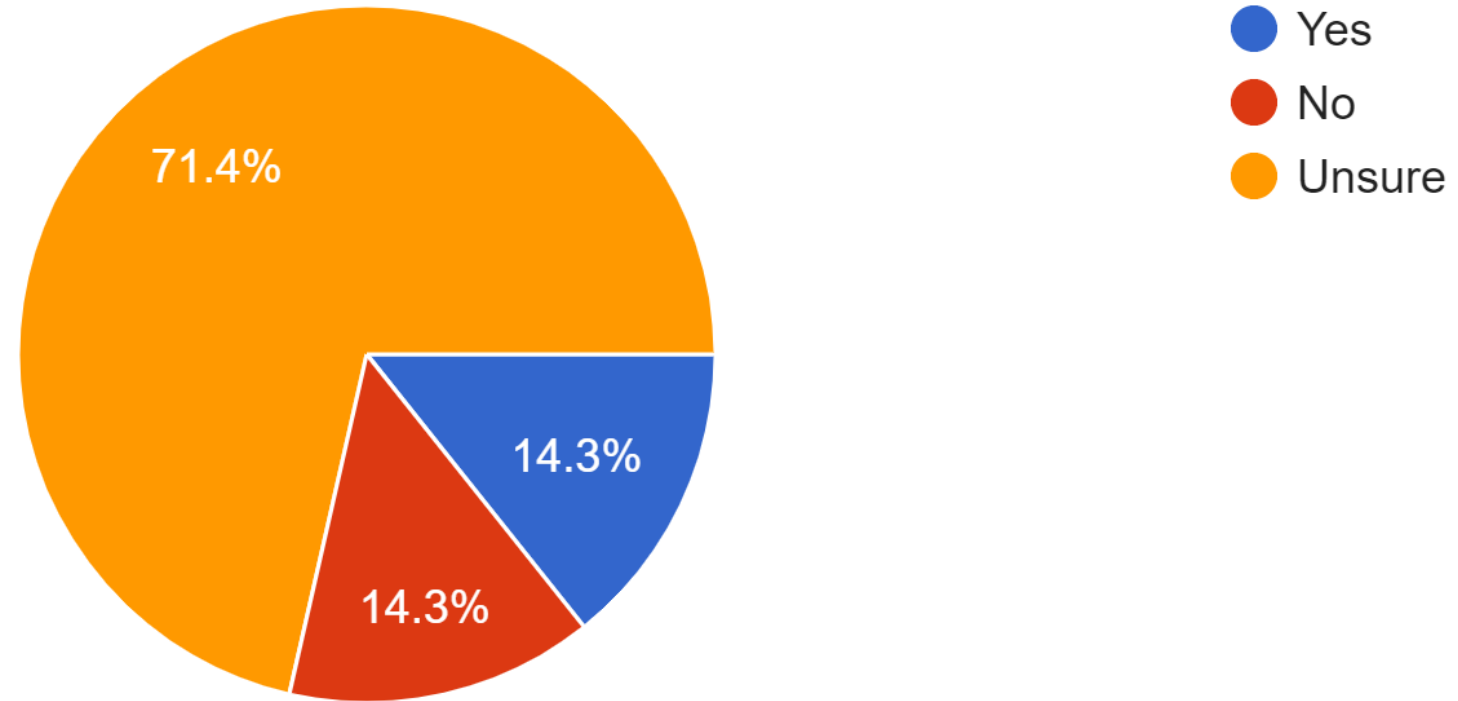
- Easiest app to navigate
- Contains an intro into mindfulness series
- Able to identify your favorites and return easily to them
- Large number of meditations based on categories (e.g., adults, families, work)
- Contains meditations in other languages



Potential Benefits
of yoga/mindfulness for
PWA

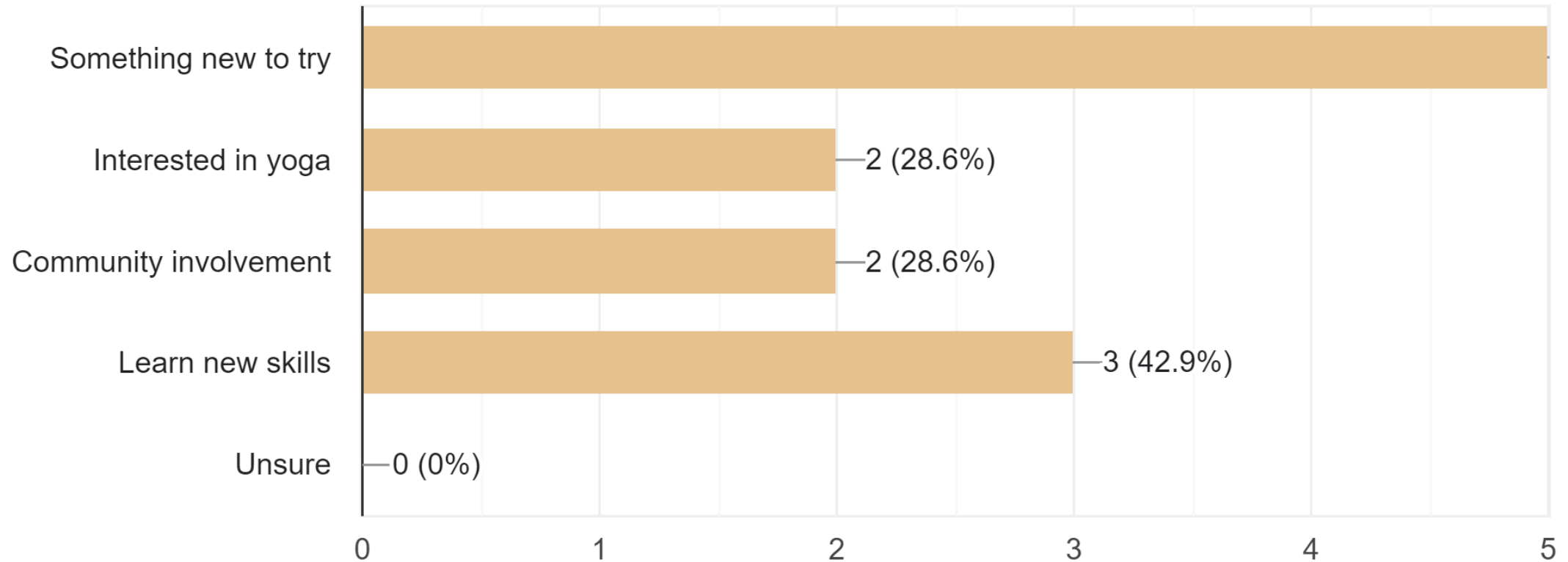
Do you feel your speech/language improved after class?

7 responses



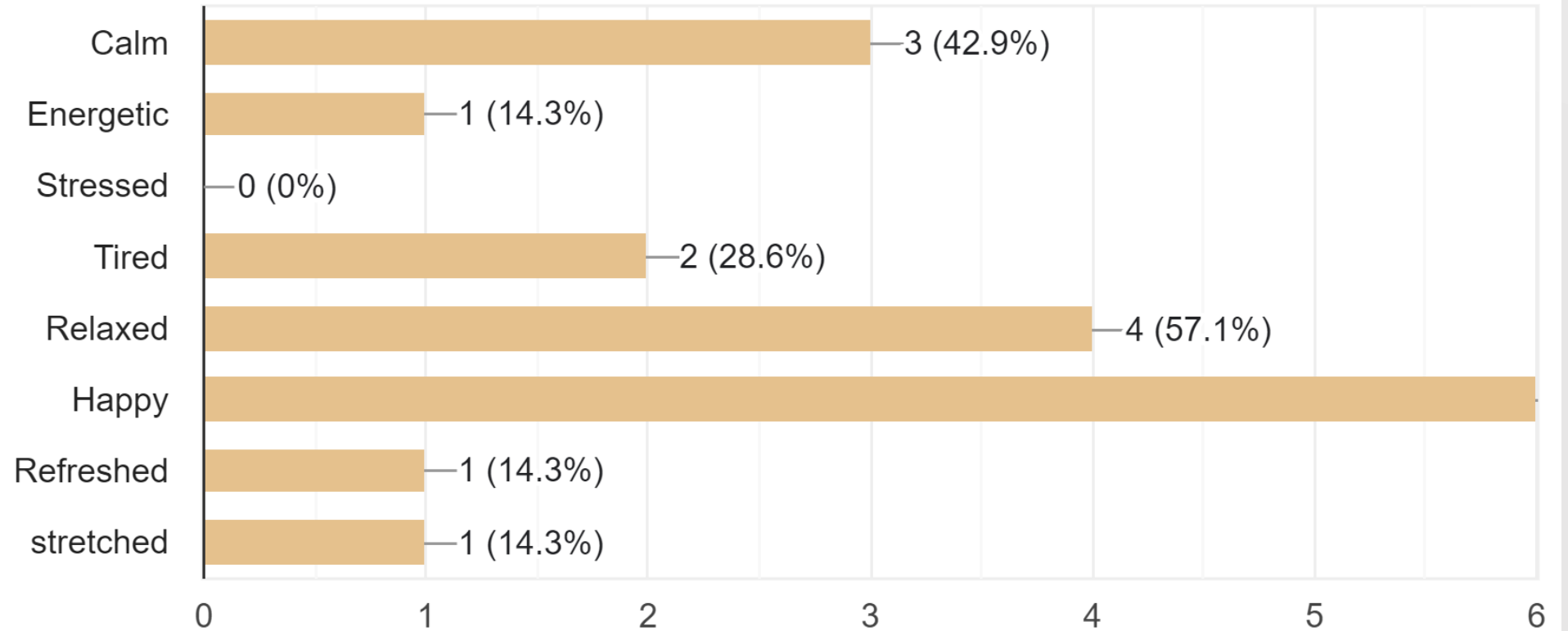
Why did you want to do aphasia yoga? Select all that apply.

7 responses



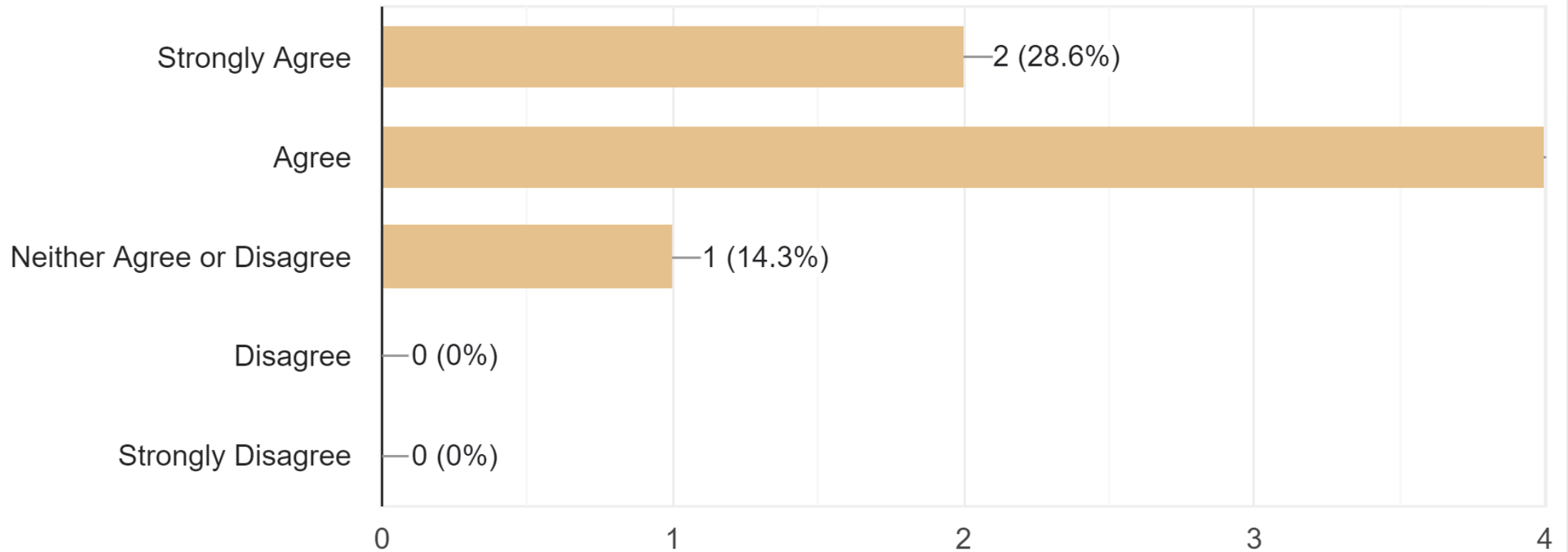
How did you feel after a yoga session. Select all that apply.

7 responses



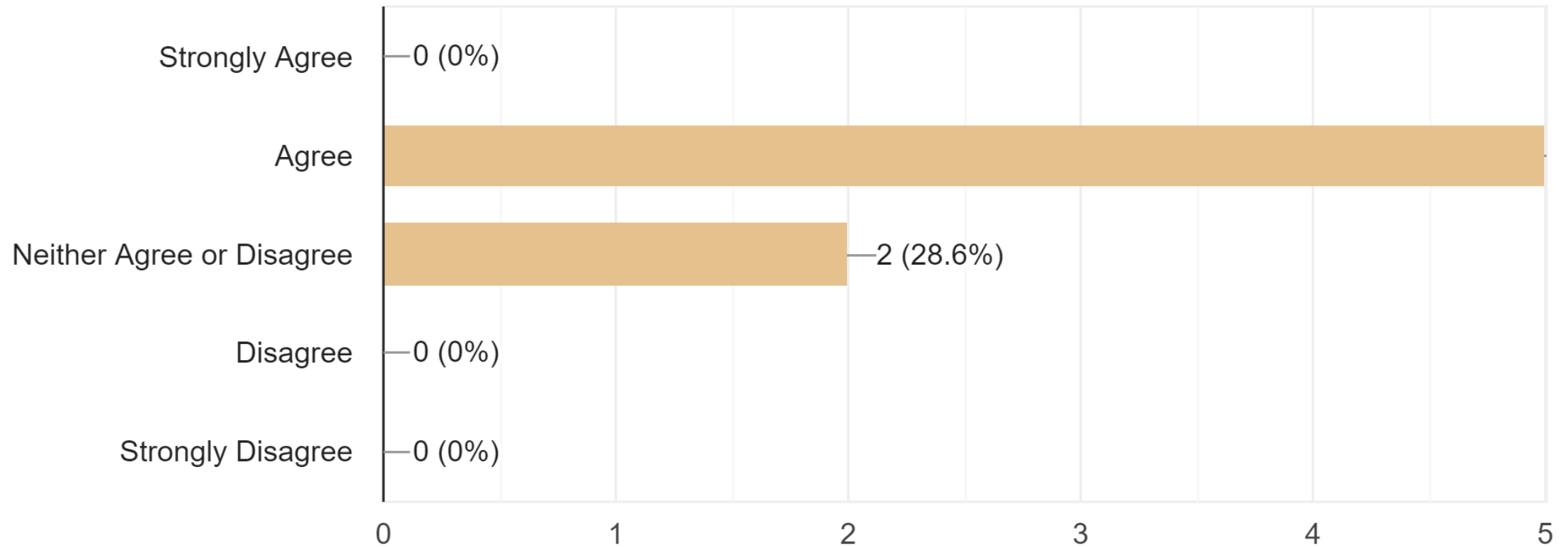
My yoga practice had a positive effect(s) on my happiness?

7 responses



Yoga increased my willingness to try new things.

7 responses





*All participants signed a photo release consent form

Questions



Resources

- Bislick, L., Dietz, A., Susan Duncan, E., Garza, P., Gleason, R., Greg Kersey, D. H. 6, Kersey, T., Mamlekar, C. R., McCarthy, M. J., Noe, V., Rushlow, D., Chase Rushlow, J., & Allan, S. V. (2022). Finding “Zen” in Aphasia: The Benefits of Yoga as Described by Key Stakeholders. *American Journal of Speech-Language Pathology*, 31(1), 133–147. https://doi.org/10.1044/2021_AJSLP-20-00330
- Dietz, A., Duncan, E. S., Bislick, L., Stegman, S., Collins, J., Mamlekar, C., Gleason, R., & McCarthy, M. J. (2020). Yoga as therapy for people with aphasia. *Perspectives of the ASHA Special Interest Groups*, 5(4), 853–860. https://doi.org/10.1044/2020_persp-20-00028
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- Lazar, S. W., Kerr, C. E., Wasserman, R. H., Gray, J. R., Greve, D. N., Treadway, M. T., McGarvey, M., Quinn, B. T., Dusek, J. A., Benson, H., Rauch, S. L., Moore, C. I., & Fischl, B. (2005). Meditation experience is associated with increased cortical thickness. *Neuroreport*, 16(17), 1893–1897. <https://doi.org/10.1097/01.wnr.0000186598.66243.19>
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