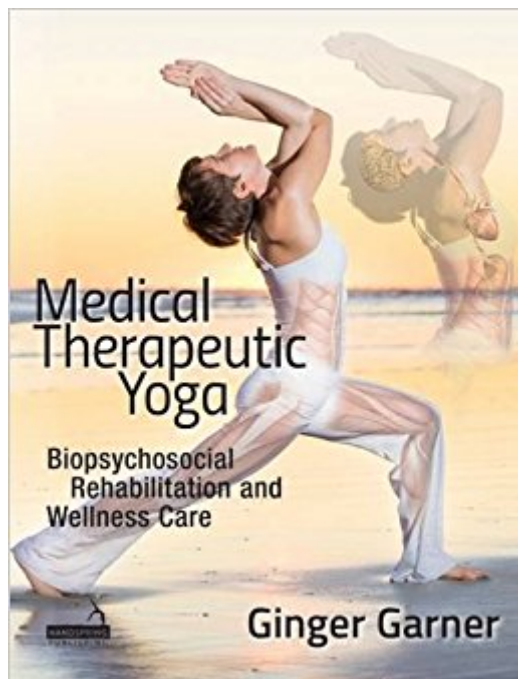




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Medical Therapeutic Yoga: Biopsychosocial Rehabilitation And Wellness Care



Synopsis

This book brings a large body of work, known as medical therapeutic yoga (MTY), to health professionals and yoga teachers so they can apply yoga postures to treat acute and chronic disease processes. MTY is based on integrative medicine's biopsychosocial model of care, a patient-centered approach - shown to be the most effective.

Book Information

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Customer Reviews

Dr. Garner is an orthopaedic physical therapist, author, and educator whose focus is yoga's use in healthcare and self-care. Her clinical specialties include the pelvis and hip, pain management, and injury prevention and public health advocacy. Dr. Garner is the founder of Professional Yoga Therapy Institute, an international, interdisciplinary post-professional medical yoga therapy certification for healthcare professionals. Dr. Garner lectures internationally and teaches for multiple universities and organizations. She lectures and pursues research on yogic biopsychosocial and interdisciplinary care at her alma mater, The University of North Carolina at Chapel Hill. She is an advocate for equal rights and access to biopsychosocial-driven healthcare via improving health literacy for yoga's inclusion in health- and wellness care, particularly to foster gender equity in healthcare, improve access to PT, and social justice for mothers. Ginger lives with her husband and three sons in the United States.

Scholarly, precise, the best link of medical and yoga foundations for healers, therapists, teachers, and a great guide for self care with yoga, Maureen

Very quick delivery was a delight! The book itself is very detailed and easy to read (with focus). I am happy to have found this resource.

A thorough professional level study of applied yoga as therapy and candid conversation regarding current state of western healthcare, where we fall short and the dire need for health education, prevention and equality. It will be a good day when people in poverty or those on the edge or those losing their house due to healthcare treatment costs and congressional representatives have the same insurance coverage.

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