



Rehab management

The Interdisciplinary Journal
of Rehabilitation

[Subscribe](#) | [Advertise](#) | [About Us](#) | [Contact Us](#) | [Home](#)

search

[Home](#) | [News](#) | [Buyer's Guide](#) | [Features](#) | [Products](#) | [Education](#) | [Archives](#)

News Stories

[Subscribe to News Stories](#)

Study Shows Yoga Benefits Back-Pain Patients

People with chronic low-back problems who do yoga also do better at overcoming pain and depression than people treated conventionally for back pain, a West Virginia University study funded by the National Institutes of Health shows.

The 3-year, \$400,000 study, published in the September issue of the journal *Spine*, showed lifted mood, less pain, and improved function in the group that did yoga postures compared with a control group who received standard medical therapy, according to a [statement](#) released by the university, located in Morgantown, WVa.

[Click here](#) to see an abstract of the study.

Kimberly Williams, PhD, research assistant professor in the Department of Community Medicine, said in the statement that the yoga group had less pain, less functional disability, and less depression compared with the control group. These were statistically significant and clinically important changes that were maintained 6 months after the intervention, she added.

The 90 study subjects, who experienced mild to moderate functional disability, were randomly assigned to the yoga group or the group that received conventional medical therapy, said the statement. Yoga participants took 90-minute classes twice a week for 24 weeks, doing postures targeted to relieve chronic low-back pain. Follow-up continued for 6 months after the end of classes or therapy.

Williams said that proponents of yoga have long described its benefits in reducing back pain, but not everybody was convinced. This is a much bigger, much more rigorous evaluation than had been done before, she added.

The classes were taught by certified Iyengar yoga instructors. A popular form of yoga in the United States, Iyengar yoga emphasizes postures that encourage strength, flexibility, and balance.

In the United States, low-back pain represents the largest category of medical reimbursements, with \$34 billion in direct medical costs reported annually, Williams said.

[Source: [WVU](#)]

[email article](#)

|

[contact editor](#)

|

[print article](#)

[Subscribe to News Stories](#)

LOOKING FOR EXPERT ADVICE?

[Experts here are available to answer all your questions!](#)



[Please contact us for more information about this feature, or to become an expert.](#)

MEDIA CENTER

Interactive Media

[Archives](#)
[Newsletter](#)
[Podcast Series](#)
[Webcasts](#)

Resources

[Calendar](#)
[Consumer Resources](#)
[Media Kit](#)
[Advertiser Index](#)
[EAB](#)
[Reprints](#)
[Submit an Article](#)

[\[download\]](#)

FREE webinar
How to Increase Your Practice Profitability with a Sleep Center



This Profitable New Service Is In Demand — and Can Provide You with Additional Revenue

Wednesday,
September 9, 2009
5 PM PDT • 7PM PDT • 8PM PDT

PRESENTED BY:



PRACTICEBUILDERS™

[Click Here to Find Out More](#)

[Home](#) | [News](#) | [Buyer's Guide](#) | [Features](#) | [Products](#) | [Education](#) | [Archives](#)