

# DRU POSTURE CONTRA-INDICATIONS

Acute Cervical Disc Problems  
Acute Lumbar Disc Problems  
Acute Sciatica

Ankles

Back, disc, neck or lumbar problems  
Back or muscle spasms

Back Problems

Balance  
Breathing Difficulties  
Cardiac or respiratory problems  
Chest Constricted  
Detached Retina

Duodenal Ulcer  
First 3 days of menstruation

Heart Conditions

Glaucoma  
Heart Disease

Heart Problems  
Hiatus Hernia

High Blood Pressure  
(see also low blood pressure)

The Bridge – *don't do Stage 2*  
Knee to Head Posture  
Peace Posture  
Knee to Head Posture  
The Tree – *exercise caution*  
Chair of the Heart – *keep movements soft*  
Charity Posture – *caution if weak/stiff*  
The Eagle – *(pain) assess own capability*  
Downward Dog  
Cobra – *concentrate on forward bending stretches and/or do some stretches beforehand*  
Crocodile – *if pain is experienced*  
Vitality Sequence -*pain*  
Rotated Triangle – *caution in doing/holding posture*  
Lord of the Dance – *may need partner to help*  
Sun Sequence – *omit certain parts*  
Corpse – *lie on side*  
The Crocodile – *lie on side*  
Downward Dog  
The Crane  
Shoulder Stand  
Locust  
Downward Dog  
Sun Sequence – *omit certain parts*  
Charity Posture  
Warrior 1, 2, 3  
Locust  
Warrior 1, 2, 3  
Vitality Sequence  
Shoulder Stand  
Shoulder Stand  
Chair of the Heart – *limit time arms overhead*  
Sun Sequence – *omit certain parts*  
The Bow  
Cobra  
Rotated Triangle  
Sun Sequence – *Cobra section*  
Tiger  
Locust  
The Crane  
The Camel  
Sitting Spinal Twist  
Warrior 1, 2, 3  
Bhima  
Shoulder Stand  
Mountain Pose – *extended stretch don't raise arms too high*  
Downward Dog  
Peace Posture – *come out slowly & don't stay in posture too long*  
The Tree – *don't raise arms too high*  
Chair of the Heart – *limit time arms overhead*  
Rotated Triangle – *don't hold too long*

	Vitality Sequence
	Sun Sequence – <i>omit certain parts</i>
	Locust
	The Bow
	The Crane
Hip Replacement	The Tree – <i>keep feet on floor</i>
	The Eagle – <i>don't do leg movements</i>
Hips	Knee to Head – <i>work gently</i>
	The Mast
	The Eagle ( <i>pain</i> ) – <i>assess own capability</i>
	Vitality Sequence - <i>pain</i>
	Bhima
	The Tree – <i>exercise caution</i>
	Chair of the Heart – <i>keep movements soft</i>
	Sitting Forward Bend – <i>work gently</i>
	Triangle – <i>exercise caution holding</i>
	Rotated Triangle – <i>caution in doing/holding posture</i>
	Sun Sequence – <i>omit certain parts</i>
	Charity Posture – <i>caution if weak/stiff</i>
Hypermobility in lumbar spine	The Cat – <i>take care not to over-extend</i>
	The Mast
Hyperthyroidism	Cobra
Knee Cap Problems (Anterior Knee Pain)	Lord of the Dance – <i>work gently</i>
Knee or wrist problems	
	The Cat – <i>may need to modify posture</i>
	Tiger – <i>serious problems with knee or wrist joints</i>
	The Eagle ( <i>pain</i> ) – <i>assess own capability</i>
	Cow Face – <i>work slowly, gently and with full awareness</i>
Knees	Bhima
	The Beam – <i>exercise caution</i>
	The Tree – <i>exercise caution</i>
	Chair of the Heart – <i>keep movements soft</i>
	Sitting Forward Bend – <i>work gently</i>
	Vitality Sequence - <i>pain</i>
	Triangle – <i>exercise caution holding</i>
	Rotated Triangle <i>caution in doing/holding posture</i>
	Charity Posture <i>caution if weak/stiff</i>
	Knee to Head <i>work gently</i>
	The Mast
Lying on backs	Relaxation – ( <i>pregnant women &amp; anyone in discomfort</i> )
Liver Problems	Shoulder Stand
Lower Back/Abdominal Muscles (weakness)	Triangle – <i>feet closer and bend knee moving into posture</i>
Low Blood Pressure	Downward Dog
(see also high blood pressure)	Peace Posture – <i>come out slowly &amp; don't stay in posture too long</i>
	Rotated Triangle – <i>don't hold too long</i>
	Sun Sequence – <i>omit certain parts</i>
Menstruation	Triangle
First 3 days	Downward Dog
First 3 days	Sun Sequence – <i>omit certain parts</i>
First 3 days	Charity Posture
First 3 days	Warrior 1, 2, 3
First 3 days	Vitality Sequence
	Rotated Triangle
	The Bow
	Bhima

<b>Neck Problems</b>	Shoulder Stand The Bridge – <i>don't do Stage 2</i> Camel – <i>work at Stage 1 and progress to Stage 2 with care</i> Cow Face – <i>work slowly, gently and with full awareness</i>
<b>Osteoporosis</b>	Shoulder Stand The Tree – <i>take care balancing, may need support of wall or partner</i>
<b>Overactive Thyroid</b>	Cobra The Bridge Sun Sequence – <i>Cobra section</i> Camel – <i>keep chin tucked in</i>
<b>Peptic Ulcers</b>	Cobra Sun Sequence – <i>Cobra section</i> Locust Sitting Spinal Twist Corpse – <i>lie on side</i>
<b>Persistent Cough Post-natal (first 3 months)</b>	Triangle Rotated Triangle Shoulder Stand The Crane Shoulder Stand Sitting Spinal Twist ( <i>latter stages</i> ) Vitality Sequence Corpse – <i>lie on side after first 3 months</i> Crocodile – <i>lie on side</i> Cobra The Bridge – <i>not in last 3 months</i> Sitting Forward Bend – <i>work gently</i> Rotated Triangle Simple Inversion – <i>after first 3 months</i> Charity Posture Knee to Head Posture – <i>work with limitations</i>
<b>Pregnancy</b>	The Bow Sun Sequence Cobra Sun Sequence The Bow Sitting Spinal Twist Peace Posture
<b>Prolapsed Disc Recent Abdominal Surgery</b>	The Bridge – <i>don't do Stage 2</i> The Bridge – <i>don't do Stage 2</i> Sitting Forward Bend The Tiger – <i>avoid 1<sup>st</sup> part when spine &amp; knee are flexed</i> Peace Posture Knee to Head Posture Sitting Forward Bend – <i>keep spine extended &amp; don't reach forward further than is comfortable</i> Knee to Head – <i>keep spine extended &amp; don't reach too far forward</i>
<b>Recent disc injuries &amp; neck/lumbar area problems</b>	Chair of the Heart – <i>keep movements soft</i> Cow Face (problems or history of instability or dislocation) – <i>work slowly, gently &amp; keep with full awareness</i>
<b>Recent Whiplash</b>	Sitting Forward Bend Sitting Spinal Twist
<b>Rheumatoid Arthritis</b>	
<b>Sciatica</b>	
<b>(Acute)</b>	
<b>(Acute)</b>	
<b>Short Hamstrings</b>	
<b>Shoulders</b>	
<b>Slipped Disc</b>	

**Spinal Disc Problems**

**Spine**

**Spleen Problems**

**Standing too long**

**Sympathetic Nervous System**

**Weak Eye Capillaries**

**Wrists**

**Wrist or knee problems**

Rotated Triangle – *check spinal disc*

The Crane

Sitting Spinal Twist – *check with tutor*

Knee to Head – *work gently*

Camel – *work at Stage 1 and progress to Stage 2 with care*

Bhima

The Tree – *exercise caution*

Sitting Forward Bend – *work gently*

Sun Sequence – *omit certain parts*

Simple Inversion – *if experiencing pain*

Charity Posture – *if flexion is likely to add stress to painful back*

Shoulder Stand

Mountain Pose – *check out*

Locust – *last thing at night*

Shoulder Stand

Charity Posture – *use elbow option*

The Cat – *may need to modify posture*

Tiger – *serious problems with knee or wrist joints*

Sitting Spinal Twist - *weak knees*