

DRU POSTURE CONTRA-INDICATIONS

Acute Cervical Disc Problems	The Bridge – <i>don't do Stage 2</i>
Acute Lumbar Disc Problems	Knee to Head Posture
Acute Sciatica	Peace Posture
Ankles	Knee to Head Posture
	The Tree – <i>exercise caution</i>
	Chair of the Heart – <i>keep movements soft</i>
	Charity Posture – <i>caution if weak/stiff</i>
	The Eagle – <i>(pain) assess own capability</i>
Back, disc, neck or lumbar problems	Downward Dog
Back or muscle spasms	Cobra – <i>concentrate on forward bending stretches and/or do some stretches beforehand</i>
Back Problems	Crocodile – <i>if pain is experienced</i>
	Vitality Sequence - <i>pain</i>
	Rotated Triangle – <i>caution in doing/holding posture</i>
Balance	Lord of the Dance – <i>may need partner to help</i>
Breathing Difficulties	Sun Sequence – <i>omit certain parts</i>
Cardiac or respiratory problems	Corpse – <i>lie on side</i>
Chest Constricted	The Crocodile – <i>lie on side</i>
Detached Retina	Downward Dog
	The Crane
	Shoulder Stand
Duodenal Ulcer	Locust
First 3 days of menstruation	Downward Dog
	Sun Sequence – <i>omit certain parts</i>
	Charity Posture
Heart Conditions	Warrior 1, 2, 3
	Locust
	Warrior 1, 2, 3
	Vitality Sequence
Glaucoma	Shoulder Stand
Heart Disease	Shoulder Stand
	Chair of the Heart – <i>limit time arms overhead</i>
Heart Problems	Sun Sequence – <i>omit certain parts</i>
Hiatus Hernia	The Bow
	Cobra
	Rotated Triangle
	Sun Sequence – <i>Cobra section</i>
	Tiger
	Locust
	The Crane
	The Camel
	Sitting Spinal Twist
High Blood Pressure <i>(see also low blood pressure)</i>	Warrior 1, 2, 3
	Bhima
	Shoulder Stand
	Mountain Pose – <i>extended stretch don't raise arms too high</i>
	Downward Dog
	Peace Posture – <i>come out slowly & don't stay in posture too long</i>
	The Tree – <i>don't raise arms too high</i>
	Chair of the Heart – <i>limit time arms overhead</i>
	Rotated Triangle – <i>don't hold too long</i>

	Vitality Sequence Sun Sequence – <i>omit certain parts</i> Locust The Bow The Crane The Tree – <i>keep feet on floor</i> The Eagle – <i>don't do leg movements</i> 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> The Cat – <i>take care not to over-extend</i> The Mast Cobra Lord of the Dance – <i>work gently</i>
Hip Replacement	
Hips	
Hypermobility in lumbar spine	
Hyperthyroidism	
Knee Cap Problems (Anterior Knee Pain)	
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> 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
Knees	
Lying on backs	Relaxation – <i>(pregnant women & anyone in discomfort)</i>
Liver Problems	Shoulder Stand
Lower Back/Abdominal Muscles (weakness)	Triangle – <i>feet closer and bend knee moving into posture</i> Downward Dog
Low Blood Pressure <i>(see also high blood pressure)</i>	Peace Posture – <i>come out slowly & 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 Downward Dog Sun Sequence – <i>omit certain parts</i> Charity Posture Warrior 1, 2, 3 Vitality Sequence Rotated Triangle The Bow Bhima
First 3 days	

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

Spinal Disc 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*

Spleen Problems**Standing too long****Sympathetic Nervous System****Weak Eye Capillaries****Wrists****Wrist or knee problems**