

Integration of Yoga into Clinical Practice



DESCRIPTION

This 7-hour course will delve into the history of yoga to gain an understanding of this ancient mind/body/breath/spirit practice and how it is currently applicable as therapeutic exercise in clinical practice today. The course will explore evidenced based research on yoga outcomes and effects. We will break down anatomy of yoga postures to identify which postures are appropriate for treatment based on assessment and differential diagnosis of musculoskeletal dysfunction, neurological disorders, and chronic pain. We will discuss the power of the breath. We will practice in lab yoga based postures highlighting alignment, consider the demands of poses including mobility, flexibility, strength, endurance, appropriately utilize modifications and props, and rationalize our treatment intervention to address established goals.

OBJECTIVES

Upon completion of this program, the participant should be able to:

1. Identify therapeutic benefits of yoga including yoga principles, postures (asanas), breath (pranayama), anatomy and physiology as they relate to clinical practice.
2. Identify specific yoga postures that are appropriate to use as therapeutic exercise based on clinical assessment and objective goals.
3. Recognize and be aware of breathing patterns and the significant role of breath on the nervous system.
4. Provide appropriate modification and utilize props to meet patient needs.
5. Identify postures that specifically address mobility, strength, stabilization, pain, and/or endurance.
6. Provide appropriate documentation of yoga based therapeutic exercise intervention for reimbursement.
7. Identify the components of a basic yoga class.
8. Identify yoga postures as they relate to body mechanics during ADLS, IADLS.

TARGET AUDIENCE

Athletic Trainers, Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Occupational Therapy Assistants, and any other interested healthcare professionals.

FEE \$125 Non-Consortium Member \$75.00 Consortium Member

Deadline to register: 11/14/2025

Cancellations and Refund Policy

Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10-15 business days after that.

CREDIT

AHEC: This program is approved for 0.70 CEU's (7.0 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice Standards. Participants must attend 90% of the program in order to receive a certificate of attendance. No partial credit will be given.

Physical Therapists/Physical Therapy Asst.: 7.0 contact hours of continuing education with the SC Department of Labor, Licensing, and Regulation Board of Examiners for Physical Therapy is approved.

Occupational Therapists/Occupational Therapy Assistants: 7.0 CEUs approved through the South Carolina Occupational Therapist Association (SCOTA).

Certified Athletic Trainers: Pee Dee AHEC/McLeod Health is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 7.0 hours of Category A Continuing education (0.70 CEU) Certified Athletic Trainers are responsible for claiming only those hours actually spent. Provider 3731

Saturday, November 15, 2025

8:00 am - 4:30 pm

Live In-Person Program

LOCATION

McLeod Outpatient Rehab and Sports Medicine

2439 Willwood Dr. Florence, SC 29501

**** Please wear comfortable clothes and bring your Yoga mat. ****

INSTRUCTOR

Allyson Rooney, PT, DPT, LSVT Big Certified, MFDc, RYT-200

Allyson is an experienced physical therapist currently working in the Outpatient Physical Therapy Department at Carolina's Rehabilitation in Mount Holly, NC. She relocated to Fort Mill, SC in 2010 after working at Mt. Sinai Medical Center in NYC for over 19 years. Allyson graduated with a BS in Physical Therapy from Ithaca College in 1991. She completed the DPT program online at MGH Institute for Health Professionals in 2008. For the past 10 years, Allyson has continued treating patients with a wide variety of both neurological and musculoskeletal diagnosis. She has expertise in manual therapy and received certification in MFD in October 2017 under the instruction of Christopher Da Prato. Allyson is passionate about movement, maximizing performance and function despite the "diagnosis". Allyson is a registered yoga instructor and incorporates a holistic approach in her treatment interventions.



To Register, visit

www.scahec.net/learn/login

For questions contact Kimberly Morris at
843-777-5343

kimberlymorris@mcleodhealth.org

