

Chapters 14 & 15 “Yogabody”

Primary functions of wrist and hand

- Yoga vs. Dharma

Differences between hands and feet

Bones of hand

- Carpals
- Metacarpals
- Phalanges

Bones of wrist

- Radius
- Ulna

How are hands meant to bear weight on the floor?

Arches of the hands

- How can we engage them?
- Why is this important?

Should fingers be spread when on the floor?

- Why or why not?
- Central pillar of stability

Wrist extension

- What is normal range of motion?
- How can we find this in asana?

Review three actions of the hands when they are on the floor:

- 1
- 2
- 3

The elbow

- Extension of lungs (Iyengar)

Bones of elbow joint

- Radio-humeral
- Ulnar-humeral
- Radial-ulnar

Radius

Ulna

Interosseous Membrane

Movement of the elbow

- Flexion/Extension
- Supination/ Pronation
- Radioulnar joint

Muscles of the elbow

- Biceps Brachii
 - Actions
- Brachialis
- Triceps Brachii
 - Actions

Agonist / Antagonist pair

What do yoga teachers need to understand regarding the elbow?

- Hyperextension

- Carrying angle

Differences?

How do they relate to asana?

- What will you see in practice?

How do we help?

- Working with carrying angle

- Working with hyperextension

Hand placements in Chaturanga, Vasistasana and Handstand

Common causes of wrist pain in yoga

- What can we do?

Carpal tunnel syndrome

- What is the cause?

- How can yoga help?

Arthritis

- Where do we see it?

- How can we support?