

YHLB Quotes Before 2018

Benefits for NHS

EBM

Specificity

Costs

Once-off / time-limited course (not repeat dose at next lbp episode)

Self-care for chronic / episodic / recurring condition

LBP also affects other aspects of health, e.g. blood pressure, depression, knee issue – YHLB addresses the whole person (body, mind and soul)

“Really enjoyed the session this evening and seeing the power of simple poses that can give so much relief :-)

As always, you gave clear, believable explanations of the science behind the principles and I'm sure your new students will go home with faith they can learn new tools to help themselves when tablets and quick fixes have probably let them down in the past.” Dr. Emma Campbell, GP

“Yoga is happy and so are our patients!!” Dr. H. Molsen, Referring GP

“Like Yoga for Healthy Lower Backs teachers, I know and believe that health is something that you can give to yourself rather than be given it by medics or anyone else. As a **nurse** myself, I spend a lot of time trying to persuade my patients that often solutions are in the power of the individual.”

I congratulate you for constructing such a wonderful course that offers relief and hope to those with lower back pain.

Back pain physiotherapist specialist.

“Well done. I am sure you will not rest until this course is offered by every GP surgery in the region, as it should be.”

Mental Health Consultant

NHS Back Pain Specialist Physio. (attended course):-

“The unique course is genuinely **excellent** in terms of content, style of teaching, effectiveness, progression, pace, course literature.

Overall, I would highly recommend the course.”

Cornish GP after attending course, 3 years post micro-discectomy:-

“My back is 99% of the way there!

Yes, it is definitely worth pursuing NHS funding for the Yoga for Healthy Lower Backs programme!

Hospital Orthopaedic Consultant:- *“This is just the kind of guided self-care course that the NHS should be offering patients.”*

Several Cornish GPs - *“How can we refer to this specific yoga course?”*

LMC Chair - *“This definitely WILL be offered in the NHS in the future.”*

Pain Clinic Lead – *“I support this.”*

KCCG committee member – *“We support the YHLB programme. GPs should consider signposting to YHLB, especially with regards to reducing opioid use.”*

“As the care pathway systems lead, I will definitely draw YHLB to everyone’s attention”

GP from Penryn *“These pilots seem great, as they back up the original evidence. However, the course costs being different makes it ‘messy’ for patients and referrers, so I support full funding for YHLB within our GP Cluster.”*

GP, Edward French-Constant, who referred his NHS patients to the original trial yoga programme says *“I respect the scientific evidence of this and wholeheartedly value everything the social enterprise is doing in order to get this yoga out to more people. I definitely feel confident in recommending ‘Yoga for Healthy Lower Backs’, as a ‘best practice’ educative course, to my patients.”*

KCCG / Elective Care Manager / Back Pain Care Pathway Lead *“We definitely want to see YHLB in the mix and offered up to some patients when the new spinal provision is opened up again soon.” (Delayed from Dec 2016 to April 2017, then ‘permanently?’ (Feb2018) delayed due to merger of CFT/PCHT and then the CCG/STP/ACS changes.”*

Alison Trehwela, lead yoga research consultant who devised the 'Yoga for Healthy Lower Backs' programme used in University of York / Arthritis Research UK trial, YHLB Institute training tutor, and project lead of the social enterprise set up to share this knowledge, says

“Local authorities, NHS and health providers need to offer part-funding or subsidies for this well-structured, enjoyable, group programme that really does teach people to self-manage, whilst encouraging long-term lifestyle changes, increased physical activity and improved well-being.

Our ‘best practice’ ‘Yoga for Healthy Lower Backs’ 12-week course was designed to offer a person-centred treatment choice. It combines postural awareness, relaxation, back education, exercise and mindfulness, as an all-in-one ‘mind-body package of care’ offering techniques that can easily be integrated into daily life.

Uniquely, it is unparalleled in its strong evidence-base as it is available now in virtually the same format as in the research trial itself.”

National Leaders support YHLB –

Dr. Benjamin Ellis, Dr. Mike Dixon, Simon Stevens, Under-Secretary for Health (Lord Prior of Brampton), Public Health England, AgeUK, Commissioners, Arthritis Research UK, AHSNs, MPs (Truro Sarah Newton is supportive of YHLB and has written to KCCG, CFT Chair, Public Health Director)

YHLB has representatives on the APPG for Yoga.

Testimonial from Back Pain Specialist (Physiotherapist in Pain Clinic, who is on Back Pain Care Pathway Review Team)

If I had back problems then without question this is what I would do. And I have been involved solely with low back pain for 12 years with a specialist pain clinic and have masters level qualifications in the subject.

Overall though its probably unique as a course and is extremely well thought out and delivered.”

Chief Executive of NHS England is on record in 2013 as saying of the ‘Yoga for Healthy Lower Backs’ programme *“This is just the kind of innovative evidence-based treatment option that commissioners should consider offering.”*

I have people in my YHLB classes who have had injections, multiple pain killers, lots of physio - they don't work long term like the YHLB programme.

One student looks such a different person to the one that arrived 8 weeks ago after experiencing pain for 5 years, on heavy medication, with “no prospect of improvement”. She practices regularly and.....has started to enjoy life again, which is wonderful.

Those with Low Backs Pain

Testimonials – NHS Patients On Probus GP Surgery Subsidised YHLB Feb 2018

Mandy Lancaster – Spinal Fusion L5/S1 1989; chronic widespread pain (8/10) and symptoms including lumbar, plus below the knees and arms/hands.

After Class 1 “Tears of relief flowed on the way home! A number of the positions you showed us gave blessed release and that was wonderful. I just wish I'd known about your work 17 years ago!

I am doing the CD twice a day and working through the various pain-relieving positions. I just know that your course is the key I've been looking for.”

Post-Course “After 30 years of managing my back, I felt with this last bout of months of pain that I'd come to a point where I'd just have to accept the limitations of movement, the daily use of Pregabalin and anti-inflammatories and adapt to a much less active life. I thought I'd done well to have 30 years of manageable pain but my time was up now and I'd have to accept my back pain as a disability.

How wrong I was! This yoga course has given me back my life. From the first session showing me how to relieve my pain, through relaxation and specific poses through to posture, breath, stretching and fine-tuning poses to get extra benefit, the whole course has taught me so much. I always thought my posture was good, but I now tweak my position when standing, sitting and importantly walking, finding relief in all sorts of situations.

I've done yoga before but this training Alison Trehwela gives is so specific and personalized. She can tell where my pain is from looking at me – and how to relive it. No nonsense – just the right balance of empathy, skill and guidance. She KNOWS she can improve people's mobility, strength and pain management and that confidence rubs off!

Thank you so very much for subsidising this course for me – I am forever grateful."

Scores

9/10 – Positive benefits from yoga skills with regards to your back

9/10 – Positive benefits from yoga skills with regards to general health

10/10 – Yoga impacting your daily life, e.g. exhaling when moving, improving posture when standing, using relaxation CD after stressful day / before important event

Practised 4-5 times a week throughout the course. Yes! will practice twice a week or more.

Will attend 'Refresher' Yoga for Healthy Lower Backs class from time to time and intend to attend a regular local yoga class if possible.

"Extremely Likely" to Recommend to Friends and Family – "I am an Ambassador!"

Obstacles – "Price and long drive to venue. Worth every penny and minute!"

RM Disability Q. (Back Function) – Pre-Course = 13; Post-Course = 3; Improvement = -10 (1.79+)

VAS (Visual Pain Scale 0-10) – Pre-Course = 8; Post-Course = 4; Improvement = -4

BBPQ (Biopsychosocial) – Totals Pre-Course = 55; Post-Course = 22; Improvement = -33/70

BBPQ Depression – Pre-Course = 8; Post-Course = 2; Improvement = -6

BBPQ Anxiety – Pre-Course = 7; Post-Course = 3; Improvement = -4

BBPQ Control pain by myself – Pre-Course = 8; Post-Course = 2; Improvement = -6

BBPQ Pain Affecting Work – Pre-Course = 9; Post-Course = 4; Improvement = -7

Timothy Anthony – Herniated Disc L4/L5 (MRI Dec 2016)- was considering surgery as still experiencing symptoms; Severe sciatic nerve pain to lower leg; Knee problems.

"After 12 months of pain and 2 months of physio plus other forms of help and consultant appointments, this yoga course gave me relief after the second session... improving thereafter until recovery. Even at Class 1, I found some yoga positions where my shooting pain disappeared. After the full course, this has fixed me and I have tools to help myself. No surgery now for back or knee and feel I can happily continue with my job. Amazing. It's seems miraculous to me!"

3 months after the course –

“I am living a normal life with regards to my back, lifting things correctly, skiing and snowboard like a youngster! All thanks to this yoga - I will never forget it! Great to have this fundamental yoga and back-care knowledge.”

“Everyone should do this course.”

Scores

10/10 – Positive benefits from yoga skills with regards to your back

10/10 – Positive benefits from yoga skills with regards to general health

10/10 – Yoga impacting your daily life, e.g. exhaling when moving, improving posture when standing, using relaxation CD after stressful day / before important event

Practised **Daily** throughout the course

Will attend ‘Refresher’ Yoga for Healthy Lower Backs class occasionally, but have tools.

“Extremely Likely” to Recommend to Friends and Family *“Everyone should do this course.”*

RM Disability Q. (Back Function) – Pre-Course = 22; Post-Course = 4; Improvement = **-18**

VAS (Visual Pain Scale 0-10) – Pre-Course = 7; Post-Course = 2; Improvement = **-5**

BBPQ (Biopsychosocial) – Totals Pre-Course = 32; Post-Course = 15; Improvement = **-17**

BBPQ Depression – Pre-Course = 5; Post-Course = 1; Improvement = **-4**

BBPQ Anxiety – Pre-Course = 7; Post-Course = 2; Improvement = **-5**

BBPQ Control pain by myself – Pre-Course = 1; Post-Course = 0; Improvement = **-1**

BBPQ Pain Affecting Work – Pre-Course = 5; Post-Course = 4; Improvement = **-1**

Allan Hall (spina bifida, spondylolisthesis, couldn't put heels to floor at start of course = balance difficult, disc herniation, facet joint issues, off work for 6 months and had tried lots of NHS and non-NHS treatments, retail supervisor (work-mates noticed difference in how I stand and move – joke re me doing yoga!), father (amazing to be able to walk and play with kids),

I have just completed a 12 week course and I have had major benefit from it.

The course has helped me get past a plateau in my recovery and enabled my return to work after a 6 month absence.

I am not a natural fit for the generally perceived view of yoga - I am far from lithe and flexible and have a suspicion of 'mysticism and spirituality' - however I am now quite evangelical about the course.

I have become an active participant in my own recovery and have been equipped with skills that have helped my health and well being in many ways.

I wholeheartedly recommend the course for anyone suffering with persistent lower back pain or even an intermittent grumble. Thank you to everyone involved with the research and development of the program.

"A life-changing experience, after years of frustration." Simon Miles, Cornwall 2017

"Another day without painkillers for breakfast. This works." And "No pain for well over a week – first time for 7 years!" Karl 2017

Father - off work, depressed, 'good night's sleep = a thing of the past due to back and shoulder pain', 'no hope – just lie on settee all day', constant pain. "Within a few weeks of YHLB yoga, my mobility began to improve and for the first time in a decade or more I began to enjoy life once more. I can still have episodes with my back, but, whereas I was as good as paralysed for weeks on end, I can now start to improve within a day using the yoga exercises. The quality of my life has improved 100% since I started attending yoga classes - I am sleeping better, my shoulder has improved, my digestive system has benefitted. Yoga has given me back my life." Andrew Smith 2013

"I was worried the course may feel too 'hippy' (excuse the phrase!) but the advice was medically and biologically explained which made it so much more palatable - this is the first time I've found something that actually, genuinely helps."

"It has helped me to see different ways of doing a yoga exercise in a way that is more suitable for me and my ability, especially as I get older."

"I now don't think about back pain and being careful not to bend etc. Before it was on my mind all of the time. Best thing learnt = Proving I can do something to help myself."

"I'm telling everyone that this yoga course is the best treatment offered to me so far." (Fitness instructor under NHS consultant for osteoarthritis of hip and spine)

"I had a slipped disc in the summer and was still suffering from back pain, sciatica and numbness in my leg. I was very sceptical of Yoga. These skills are something that will stay with me for the rest of my life." Rotherham

"I have had only one flare-up of sciatic pain since starting this course, but that lasted days rather than weeks and I continued my yoga practice. I would strongly recommend this course for improving the lives of anyone with chronic back pain." Rotherham

"After years of chronic lower back pain resulting in surgery and constant painkillers, I have eventually found something that works to take the pain away....This yoga is very gentle, but effective." Rotherham

“Between weeks 3&4 of YHLB, I noticed I had a few days of no pain in my back....this felt very strange after so many years of pain and constant aching.

I had forgotten how good it feels to be pain-free in my back.

When I’m tense or stressed this brings on tightness in my back - the relaxation is helping to counter this.”

“Thanks for a brilliant course – the yoga will be so helpful to me in daily life. A healthy, happy back for years to come!” 2017

“My back went into spasm. After controlling my initial panic, I reached for your book and handouts and it gave tremendous improvements. Simple, but amazingly effective. I am telling everyone I meet about the benefits of this programme.”

“Why didn’t I start this 4 years ago after my double hip surgery, then I doubt I would have been in so much pain until this point?! Can’t thank you enough.”
Cornwall 2017

“One of my YHLB students, has recently taken up curling and mentioned how it was all thanks to yogaas before she was in so much discomfort with her back that she never tried new things. She said the same thing regarding taking flights and going on walking holidays. She does her homework still every day and comes to weekly yoga class.”

“Many thanks to you, for showing the enjoyable, self-help, way forward.
I’m very pleased that I’m able to manage without the dreaded amitriptyline!” 2017 NHS Pilot Course Attendee

The course has been so beneficial to my back, but also mentally . I have recommended it to my colleagues. NHS Primary Care Trust Staff Scheme (Clare Williams May 2018)

Benefits for Yoga Teachers

Supportive ways of working – buddy up, teams, mentoring.

I can honestly say (& tell everyone) that teaching YHLB is supremely rewarding & satisfying work. Its a fabulous course - feedback is always positive!

As a teacher, I have found teaching YHLB deeply satisfying. I could see improvements in students' postures and their deepening awareness. I enjoyed working within the structure of the course and had confidence in it.

Following your programme I am finding the structure wonderful. I realise how much I am enjoying teaching in this way.

I do so love teaching these classes, I love the new people it brings, and watching them change (for the better) as the weeks go by.

"Well, I'm better now" says one YHLB student. The difference in her appearance is staggering - all the pain has left her face. Brilliant to see. And I saw another student from 3 years ago yesterday. I hadn't seen her since she finished the course and wondered how she was getting on. She used to find herself stuck in bed for a week, but now she says she hasn't had any back pain since completing the course.

More anecdotal evidence about the lasting benefits of the course!

Half-way through the YHLB course, "It's made such a difference to my back already (we're only at the halfway stage) that my husband and I have been able to shelve plans to move to a bungalow due to my struggling to manage stairs. were going to do because she'd been struggling to manage stairs." Teacher "It's really rewarding that YHLB can make such a positive difference to people's lives."

"They say they are now in charge of their backs, instead of their backs being in charge of them. They no longer feel frightened if their backs are painful. 3 students have said they want to come to my regular normal class...a huge step considering none of them would have dreamt of that before starting the course, as they had (fairly negative!) preconceptions about what yoga was and what sort of people went to classes!"

"Highly recommended - a great personal development experience and a very rewarding programme to teach." 2016 YHLB Teacher

Most people are fed up with going through the usual system of care and it not working and so they are therefore ever so thankful to have found this yoga. A very rewarding

way of teaching for us, to hear optimism from people who were beginning to feel so helpless and hopeless with back pain.

All of the participants benefited from it, and not surprisingly many of the improvements they felt were in hips (one lady has delayed having a hip replacement) and shoulders as well as generally just feeling better in themselves.

Overall I have really enjoyed teaching the course. I felt that I was passing on some really vital information, and empowering people to help themselves.

I have to say the research behind the YHLB programme is a big added confidence factor for potential students.

Wonderful - thanks so much for giving this to the Yoga world.

Benefits for Yoga Community

New population of people trying yoga – sceptics.

Older, unfit, overweight people encouraged to try yoga with YHLB's gentle approach.

If a student attends an inappropriate yoga class, teachers can direct to gentle YHLB and then student can return to them after a few months or so with their self-help home tool-kit.

Opens doors and begins genuine conversations.....

Before YHLB =

NHS brick wall;

medics – often blank faces until they try yoga (but then still skeptical about therapeutic aspects of yoga);

academics – disinterested until decade ago;

Dept Health, Public Health – off the radar;

Workplaces – not thinking about yoga at all (or mental health);

More MEN – help themselves with just a 12-week course (don't have to attend forever)

UNITY. Collaboration between yoga organisations.

Benefits for Workplaces

Happy, productive, creative staff

Reduce work absenteeism – 70% over first year

Keep people in work; return to work

Reduce costs – return on investment.... Published research showed spending £292 pp on a YHLB course would lead to annual savings of £800 pp = doesn't make sense NOT to do it. This was average employees 12 days off work – NHS staff tend to have more days off work (average is 50+ days off work)

Council paying for tree surgeons to do the YHLB course = money well spent.

“After a year off work, I am delighted to feel able to happily return to work again and will continue to do this yoga.” Builder

“I always used to have one or two episodes of back pain each Winter where I would have to take several days off work – after YHLB = none! My wife has also benefited from lowering her blood pressure as she has been listening to the Relaxation CD with me.”

CFT quotes

Relaxation. Keep mobile. Raise awareness of maintaining good health.

Has made me evaluate how to sit at my desk and how to sit when driving.

It has made me more self-aware, particularly around my posture when sitting, standing and lying.

Less reliant on pain-killers. Improved sleep pattern. Less anxious

Time well spent learning to deal better with discomfort and to develop approaches that help strengthen and protect the back.

Less pain in the back, freer movements and a healthier outlook.

Being part of a group doing the course together with confident, kind and competent teaching and a nice bit of being 'looked after'! Great course.

Gentle introduction to yoga with lower backs in mind.

63% decrease in back pain affecting my work (average findings in staff scheme evaluation)