



## SHOULDERSTAND: pros and cons (updated 18 May 2016)

### Pros:

- can help alignment- postural imbalances
- aids injured knees - no weight - muscles can support well
- helps arthritic hips - reverse gravity helps - can help movement
- helps ankle problems
- calming and restorative
- helps get circulation to thyroid/parathyroid due to chin lock (jalandhara bandha)
- can be good for epileptics if done early in class
- supported half position for 'disc' probs
- massages shoulders
- relieves stiffness of neck, shoulders and upper spine - if done well
- helps constipation and aids digestion
- regular practice helps migraine - since they are often caused by tight muscles
- good for insomnia
- good for piles and varicose veins - reverse gravity
- makes one feel more stable if done well
- takes pressure off bladder and pelvic floor
- clears mind (circulation)
- cooling - female
- supported hips can be good for cystitis
- good for asthma to reduce shoulder tension
- good for emotional problems NB keep eyes open to maintain focus
- hyper mobile - make them breathe and strengthen
- good for PMT & menopause
- good for MS
- helps drain sinuses
- strengthens core muscles
- aids blood to heart with no effort
- good for throat infections
- good for anaemia
- massages internal organs
- plough may be good for hbp, will prevent rush of blood to head, etc.
- plough good for wind
- massages internal organs

### Cons:

- disorienting as unfamiliar being upside down, fear
- warning signs - red face, bulging veins in neck or forehead
- not for eye problems, or if there is eye strain
- feeling hot
- neck is vulnerable - not for arthritic necks
- not for harrington rod in spine - supported half position for 'disc' probs
- not for detached retina or glaucoma or diabetes



not for hbp unless do plough first  
menstruation – shaky - careful w endometriosis and fibroids  
do not do when you have a headache - too much blood to vessels  
not for late pregnancy  
careful for those w. osteoporosis - be supported and gentle  
needs strength so careful w those who are weak  
not plough for disc probs (not forward bends)  
if someone has severe heart, lung or circulation probs be careful -  
get Drs OK if in doubt  
if done badly prob. w tension - this means shoulders/spine tense and stiff  
if shoulders tense neck gets stiff - need time in preparation  
not for those w addictions - they are too spacey  
if pain on descent fold legs in slowly  
hyper mobile - make them breathe and strengthen  
not for rheumatoid arthritis - neck v. vulnerable - cartilage affected-  
also pegs of vertebrae can break  
not for Downs Syndrome - somersaults bad re their necks  
not for emphysema  
not for thrombosis - blockage  
Hiatus hernia  
Spondylosis (osteoarthritis between shoulders in thoracic area)  
Sciatica  
SCJ problems  
Hypertonicity/ tenseness in the neck muscles  
Heavier people need extra props  
Go slow with those who are tense, anxious, afraid  
Not for over active thyroid glands  
Anyone with chronic nerve pain needs props