Ceta’s

Anatomy 101 Final assignment

Name 5 possible limitations, in terms of an integrated view of anatomy, in which a student may have when trying to do urdhva dhanurasana.

Urdhva Dhanurasana otherwise known as bow pose offers lots of benefits for the spine, lung capacity, muscle toning and an all around great stretch for your legs, arms and chest as well. Despite all of the benefits, it can be quite demanding on the body; therefore there can be many limitations that a student can encounter. Here are five basic examples with an inter rated perspective of anatomy;

A student may encounter limitations moving into this asana if they have had a previous lumbar spine injury. Slipped discs in this context are the most common injury to prevent a student from entering the pose and experiencing extreme pain.

Limited range in motion in shoulder joints. This can be caused by the natural construction of the synovial joint( socket) and the size of ones glenohumeral joint (ball.) The smaller the Glenohumeral joint the more range of motion it will have moving in the socket. Albeit, an individual's shoulder bone construction can be the cause of limitations in this asana.

Given our integrated knowledge of varying spine curvatures a student will likely have limitations accessing this asana if they have scoliosis. The scoliotic spine may be destabilized because the thoracic spine is flattened. Increased Kyphosis (thoracic bend in the spine) is said to be helpful in slowing the progression of the scoliosis.

 4) Another limitation a student may encounter with this asana if they have a Sternoclavicular injury ( the point where the collar bone(clavicle) and sternum (breast bone) join.They will likely experience discomfort because this asana is a major chest and throat opener.

 5) Lastly, another likely limitation that we may take for granted is having weak wrists and ankles, little arm strength and weak legs. Naturally, the hands and feet act as an anchor in this asana. So it would make sense that a lack of strength in the wrists and arms, legs and ankles will contribute to destabilizing the hands and feet. As a result it compromises the spine and safety of the students practice.