

Combining Yoga Exercise with Rehabilitation Improves Balance and Depression in Patients with Chronic Stroke: A Controlled Trial

Yen-Ting Lai ^{1,2,3}, Chien-Hung Lin ^{4,5,6}, City C. Hsieh ⁷, Jung-Cheng Yang ^{2,3}, Han-Hsing Tsou ⁸, Chih-Ching Lin ^{4,9}, Szu-Yuan Li ^{4,9}, Hsiang-Lin Chan ^{10,†} and Wen-Sheng Liu ^{4,6,8,11,12,†,*}

¹ Department of Physical Medicine and Rehabilitation, National Taiwan University College of Medicine, Taipei 100, Taiwan; csmclaiyt@gmail.com

² Department of Physical Medicine and Rehabilitation, National Taiwan University Hospital Hsin-Chu Branch, Hsinchu 300, Taiwan; w3yjcw@gmail.com

³ Department of Physical Medicine and Rehabilitation, National Taiwan University Hsin-Chu Hospital, Hsinchu 300, Taiwan

⁴ Faculty of Medicine, School of Medicine, National Yang Ming Chiao Tung University, Hsinchu 300, Taiwan; chlin5@vghtpe.gov.tw (C.-H.L.); linc2@vghtpe.gov.tw (C.-C.L.); syli@vghtpe.gov.tw (S.-Y.L.) dat23@tpech.gov.tw (W.-S., L)

⁵ Department of Pediatrics, Taipei Veterans General Hospital, Taipei 112, Taiwan

⁶ College of Science and Engineering, Fu Jen Catholic University, New Taipei City 242, Taiwan

⁷ Department of Kinesiology, National Tsing Hua University, Hsinchu 300, Taiwan; chsieh@mail.nd.nthu.edu.tw

⁸ Institute of Food Safety and Health Risk Assessment, National Yang Ming Chiao Tung University, Taipei 112, Taiwan; hhtsou@nycu.edu.tw

⁹ Institute of Food Safety and Health Risk Assessment, National Yang-Ming University, Taipei 112, Taiwan

¹⁰ Kim Forest Enterprise Co., Ltd., New Taipei City 221, Taiwan

¹¹ Division of Nephrology, and Department of Medicine, Taipei Veterans General Hospital, Taipei 112, Taiwan

¹² Department of Child Psychiatry, Chang Gung Memorial Hospital and University, Taoyuan 333, Taiwan; ivyhlin70@kimo.com

¹³ Division of Nephrology, Department of Medicine, Taipei City Hospital, Zhongxing Branch, Taipei 103, Taiwan

¹⁴ Department of Special Education, University of Taipei, Taipei 100, Taiwan

* Correspondence: dat23@tpech.gov.tw; Tel.: +886-2-979305704

† These authors contributed equally to this manuscript.

Frequency: 3 sessions in each week. Duration: Time: 60 minutes in each session.

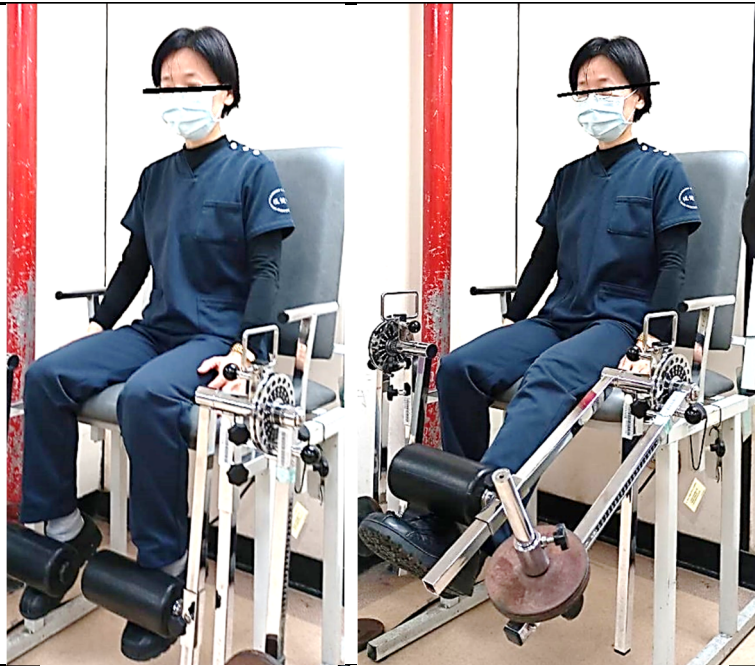
Training program includes:

- i. Resistance exercise: weight-bearing training to increase the muscle strength of the lower limbs, such as repeated sit-to-stand training, or the use of equipment to achieve the goal (such as progressive resistance training machines or stationary bicycles.)
- ii. Repetitive task-oriented trainings (including dynamic balance exercises and weight-shift training): sit-to-stand training, transfer, ambulation and going up and down stairs training.
- iii. The physiotherapist who chooses 3–4 types of exercises from the following types of exercise. Perform each repeat each types of exercise 15 to 20 minutes.

Table S1. Standard stroke rehabilitation.

Types	Photo
sit-to-stand training	
	
	
	

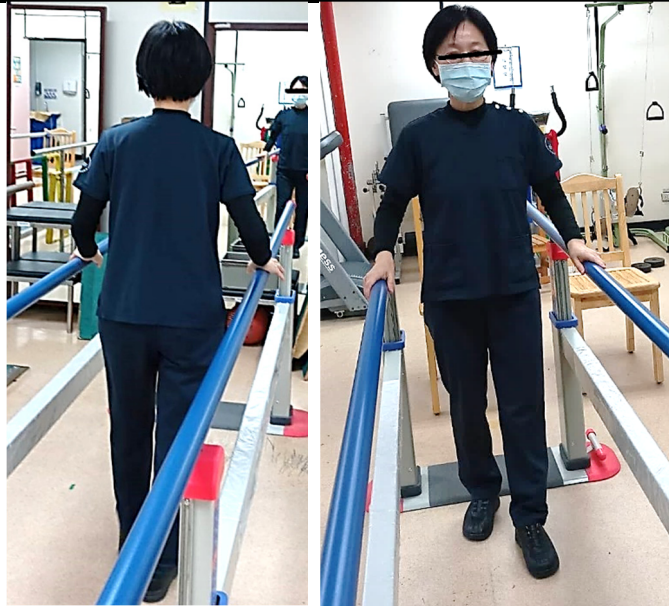
progressive
resistance training
machines



stationary bicycles



ambulation



going up and down
stairs



Yoga Class schedule (12 Basic Yoga Pose)

1. All session begins with warm-up(10 minutes) and ends with cold-down(10 minutes):
Corpse Pose, mindfulness meditation, deeper/rhythmic breathing
practice(inspiration/expiration time around 1:2).

2. Main activities(40 minutes): The yoga teacher who chooses 8-11 pose from the following [12 Basic Yoga Pose] .In each class, each yoga pose is held for 10-60 seconds followed by 10-20 seconds of rest. Perform each yoga pose 3 to 5 times.

All yoga sessions start with supine spinal twist pose (S) and end with modified tree pose. (T)

Table S2. Yoga class schedule (16 yoga sessions) in each week.

week	Course content(main activity)*
1	S., knee to chest p., bridge p., cobra p., cat p., cow p., modified balancing table p., hare p., T
2	S., knee to chest p., bridge p., cobra p., cat p., cow p., hero p., T
3	S., bridge p., cobra p., cat p., cow p., modified balancing table p., hero p., modified boat p. with integrating resistance bands, hare p., T
4	S., knee to chest p., bridge p., cobra p., cat p., cow p., kneeling p. with balancing on one knee, T
5	S., bridge p. with integrating resistance bands, cobra p., cat p., cow p., hero p., kneeling p. with balancing on one knee, hare p., T
6	S., knee to chest p. with integrating resistance bands, bridge p., cobra p., cat p., cow p., kneeling p. with balancing on one knee, modified boat p. with integrating resistance bands, T
7	S., knee to chest p., bridge p., cobra p., cat p., cow p., kneeling p. with balancing on one knee, modified boat p. with integrating resistance bands hare p., T
8	S., knee to chest p., cobra p., cat p., cow p., kneeling p. with balancing on one knee, hare p., T
9	S., bridge p., cobra p., cat p., cow p., hero p., modified boat p. with integrating resistance bands, hare p., T
10	S., cobra p., cat p., cow p., kneeling p. with balancing on one knee, modified boat p. with integrating resistance bands, hare p., T
11	S., cobra p., cat p., cow p., modified balancing table p., hero p., hare p., T
12	S., knee to chest p., bridge p., cobra p., cat p., cow p., modified boat p. with integrating resistance bands, hare p.
13	S., knee to chest p., bridge p., cobra p., cat p., cow p., modified balancing table p., modified boat p. with integrating resistance bands, T
14	S., cobra p., cat p., cow p., hero p., modified boat p. with integrating resistance bands, hare p., T
15	S., bridge p., cobra p., cat p., cow p., hero p., modified boat p. with integrating resistance bands, T
16	S., knee to chest p., bridge p., cobra p., cat p., cow p., modified balancing table p., kneeling p. with balancing on one knee, modified boat p. with integrating resistance bands, hare p., T

* pose (p.)

See below for a further detailed description of Yoga class schedule and each position.

Table S3. Yoga pose.

Number	Position	Photo	Yoga P.
1			supine spinal twist p.
2	Supine		knee to chest p. with/without integrating resistance bands
3			bridge p. with/without integrating resistance bands

4 Prone



cobra p.

5



cat p.

6 Mat
exercise



cow p.

7



modified balancing
table p.

8



hero p.

9



kneeling p. with
balancing on one
knee

Seated

10



modified boat p.
with integrating
resistance bands

11



hare p.

12 Standing



modified tree p.