

## Beyond Tradition: Integrating Yoga into Evidence-Based Outpatient Care

### Chakras – Fascial Lines - Postures

Chakra	Anatomy & Fascial Lines	PT Focus	Yoga Postures
Root (Muladhara)	Pelvic floor, lower extremities, superficial back line	Balance, grounding, fall prevention	Tripod Mountain pose Tree Child's pose
Sacral (Svadhithana)	Hips, pelvis, SI joint, deep front line	Hip mobility, lumbar health, pelvic floor, cervical spine	Butterfly Triangle Crescent lunge
Solar Plexus (Manipura)	Core, diaphragm, spiral line	Spinal stability & mobility	Plank Boat Spinal twist Bow & arrow
Heart (Anahata)	Thoracic spine, pecs, superficial front line	Postural correction, thoracic mobility, stress relief	Seated chest opener Cactus arms Cat-camel
Throat (Vishuddha)	Cervical spine, hyoids, scalenes	Cervical postures, TMJ	Fish Camel Neck stretches
Third Eye (Ajna)	Vestibular system, proprioceptive awareness	Balance, coordination, gaze stability	Gaze-focused cues
Crown (Sahasrara)	Autonomic nervous system	Stress reduction, mindfulness, overall awareness	Meditation Savasana

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## Fascial Lines

### 1. Superficial Back Line (SBL)

**Function:** Maintains upright posture, extends the body, resists forward bending.

**Anatomy (posterior chain):**

- Plantar fascia
- Gastrocnemius & Soleus
- Hamstrings
- Sacrotuberous ligament
- Erector spinae
- Epicranial fascia

**Key connections:** Achilles tendon links feet to calves; fascia over the skull connects posterior line to front of the body via superficial front line (SFL).

### 2. Superficial Front Line (SFL)

**Function:** Supports anterior posture, hip flexion, knee extension.

**Anatomy (anterior chain):**

- Tibialis anterior & toe extensors
- Quadriceps
- Rectus abdominis & linea alba
- Sternocleidomastoid
- Fascia of the skull / forehead

**Key connections:** Links toes to skull; works with SBL to maintain posture balance.

### 3. Lateral Line (LL)

**Function:** Provides lateral stability, resists side bending, stabilizes trunk and pelvis.

**Anatomy (lateral chain):**

- Peroneals
- Iliotibial band/tensor fasciae latae/gluteus medius
- Lateral quadratus lumborum

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- Obliques (external & internal)
- Sternocleidomastoid & splenius capitis

**Key connections:** Balances sagittal plane lines (SBL/SFL) via frontal plane force transmission.

### **4. Spiral Line (SL)**

**Function:** Rotational stability, counter-rotation, balance of the trunk and limbs.

**Anatomy (cross-body chain):**

- Sternocleidomastoid
- Contralateral splenius capitis & nuchae
- Contralateral thoracolumbar fascia
- Contralateral erector spinae
- Contralateral gluteus maximus & medius
- Opposite adductor muscles of the thigh
- Tibialis anterior
- Peroneals

**Key connections:**

- Creates “X” pattern across body; helps coordinate walking and rotational movements; balances SBL/SFL and LL forces.

### **5. Arm Lines**

**Function:** Connects shoulder to hand, transmits forces during pushing/pulling.

**Anatomy:**

- **Superficial Arm Line (SAL):**
  - Pectoralis major
  - Biceps brachii
  - Brachial fascia → radius & ulna → forearm flexors → fingers
- **Deep Arm Line (DAL):**
  - Deep shoulder muscles (subscapularis, teres major)
  - Brachialis & deep flexors
  - Palmar fascia & hand

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## 6. Functional Lines (FL)

**Function:** Connects upper body to lower body during movement, important for throwing or kicking.

**Anatomy:**

- **Anterior functional line:**
  - Pectoralis major → opposite rectus abdominis → opposite adductors → medial tibia
- **Posterior functional line:**
  - Latissimus dorsi → opposite gluteus maximus → opposite hamstrings → opposite lateral tibia/fibula

**Key connections:** Works during dynamic rotational movements and force transmission from ground to arms.

## 7. Deep Front Line (DFL)

**Function:** Core stabilization, supports posture, balances forces along trunk and lower limbs.

**Anatomy (deep, central chain):**

- Foot and ankle deep muscles (tibialis posterior)
- Deep posterior compartment of the leg
- Adductors & psoas
- Diaphragm & thoracic spine deep muscles
- Deep neck flexors (longus colli, longus capitis)

**Key connections:** Runs internally along bones and deep fascia; maintains balance and spinal alignment.

## Resources

<https://www.nccih.nih.gov/>

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