

## Clinical Image

# The Core Stabilization Guide Pyramid

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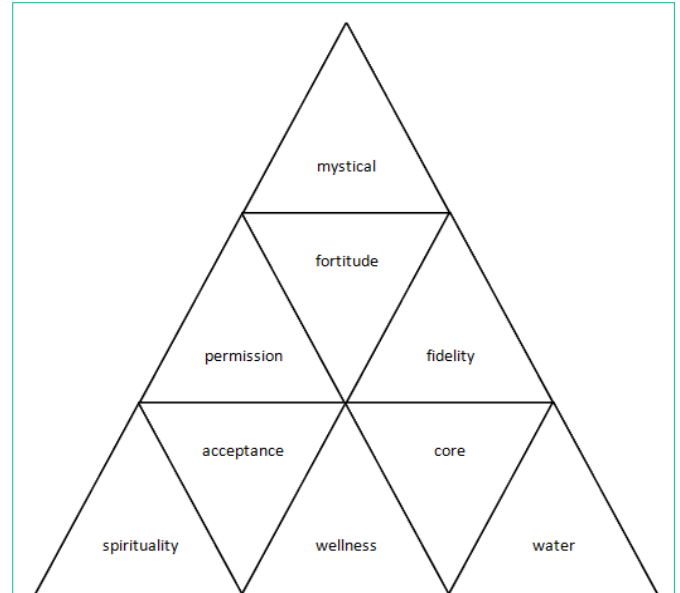
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**Received:** February 02, 2018; **Accepted:** February 09, 2018; **Published:** February 16, 2018

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Pyramids are visual conceptual models that are used by practitioners to illustrate where research is headed while serving as a metaphoric tool to present ideas to be practiced [1]. The Core Stabilization Guide Pyramid represents an approach using a pyramid model for medical therapeutic yoga educators and practitioners to organize pranayama (breath) treatment modalities and lesson plans. Yoga educators have to alter the focus, content, and teaching goals for lessons and modalities. Use of this Pyramid does require changes in the way the concept of achieving core stability can be relevant for audiences or for the variety of patients exhibiting diverse pathology [2]. In contrast to any other wellness guide, that represented a foundation or established process, the Core Stabilization Guide Pyramid depicts a patient's total wellness picture. It is designed to address overstimulation as well as under stimulation using yoga techniques such as pranayama. The Core Stabilization Guide Pyramid is a graphic representation of the suggested Guidelines for those seeking to use Yoga as therapeutic medicine, and illustrates the main concept of the mind as having power over the body. For practitioners, one challenge is to find ways to effectively use the Core Stabilization Pyramid which involves teaching clients how to put the guidelines that are the specific words contained in the pyramid into action, each day, during each modality. Patients can meditate on one word while focusing on breath. Another challenge involves designing materials that adapt the messages of the Core Stabilization Guide Pyramid to a variety of audiences. One suggestion might be to construct a pyramid that can be hand held in order to visualize the protective effects from it. Alternatively, a large sized pyramid could be constructed and the patient can sit under it. Teaching materials and instructions should emphasize the key concepts of the Core Stabilization Guide Pyramid and should be clear, consistent, motivational, and culturally



**Figure 1:** Core stabilization guide pyramid embodies.

sensitive. Few educational materials are available to help practitioners with these challenges [3]. In this clinical image, it is expected that practitioners will address the key changes that the Core Stabilization Guide Pyramid embodies, (Figure 1) and develop their own unique ideas and suggestions for using the Pyramid in a practice setting.

## References

1. Krieger N. Ladders, pyramids and champagne: the iconography of health inequities. *J Epidemiol Community Health*. 2008; 62: 1098-1104.
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3. Sureka K. Influence of pyramid environment on the wound healing effects of dexamethasone and indomethacin: A comparative study. *Asian Journal of Pharmaceutical and Clinical Research*. 2011; 4: 51-54.