

Yoga Safety Quiz

Is *Yoga* Right for You?



Answer **yes** or **no** to the following questions:

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Do you have any joint conditions like arthritis or connective tissue disorders ? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you had any joint dislocations or injuries ? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you have limited mobility or difficulty raising arms overhead? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you frequently experience dizziness or instability when changing positions? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Are you hypermobile or extremely flexible ?
<i>Yoga could overstretch your joints and worsen instability.
Get guidance from your doctor.</i> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Are there any poses, movements, or types of exercise your doctor has cautioned against? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you have uncontrolled high blood pressure ? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Are you significantly overweight or obese ? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Do any yoga poses cause you pain ? | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered “**yes**” to any of the above questions, have a chronic medical condition, or have concerns about starting a yoga practice, **consult your physician first**. They can determine safe ways to receive benefits or suggest alternate, low-impact options tailored to your needs. Never force your body into positions causing pain. Listen to your body and doctor's guidance.

Yoga offers therapeutic advantages when properly adapted to meet individuals' abilities and health. The right style and instructor can modify poses or provide chair yoga and accessible options for many conditions. However, some situations may require avoiding yoga in favor of doctor-approved exercises that don't exacerbate symptoms or injury risks. Your safety comes first, get medical clearance and find a yoga therapist willing to accommodate limitations. Yoga should feel relaxing and rejuvenating, not painful. Your body will tell you what it's able and unable to do—listen to it!

