

## Yoga-related injury

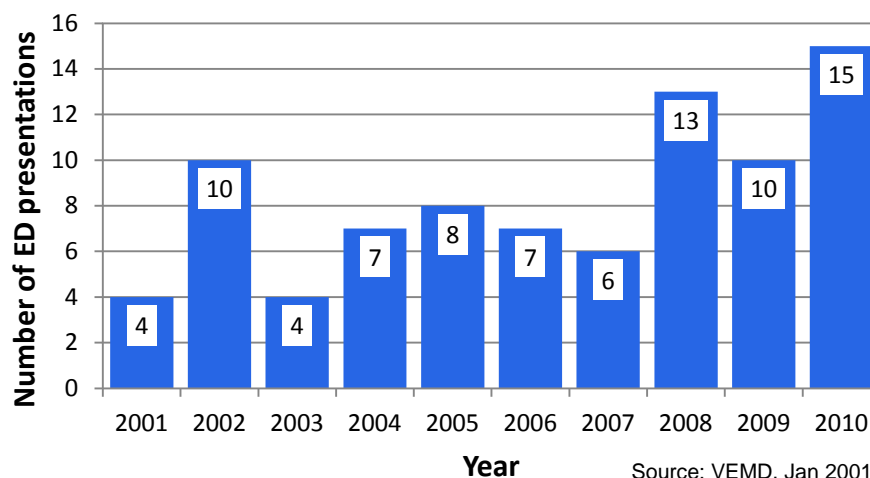
**Data supplied by the Victorian Injury Surveillance Unit, Monash Injury Research Institute.**

Data were selected from the Victorian Emergency Minimum Dataset (VEMD) which is collected from the 38 Victorian hospitals with a 24-hour emergency service. Data quality varies across the hospitals so the counts reported here are underestimates.

**Data source:** Victorian Emergency Minimum Dataset (VEMD) January 2001 – December 2010 (10 years)  
**Search Strategy:** Injury associated with yoga were identified by searching the VEMD for cases using the text term "yoga" contained in the 250 character 'Description of Injury Event' field. Selected cases were checked and any irrelevant cases were excluded from the dataset prior to analysis.

**Frequency:** In the 5 years between January 1, 2001 and December 31, 2010 there were 84 yoga-related emergency department (ED) presentations, an average of 20.

**Figure 1 ED presentations for yoga-related injury by year 2001-2010 (n=84)**



Source: VEMD, Jan 2001 to Dec 2010

**Gender:** Females (71%) presented more frequently than males (29%).

**Age:** 55% of people presenting at ED were aged between 25 and 39 years old.

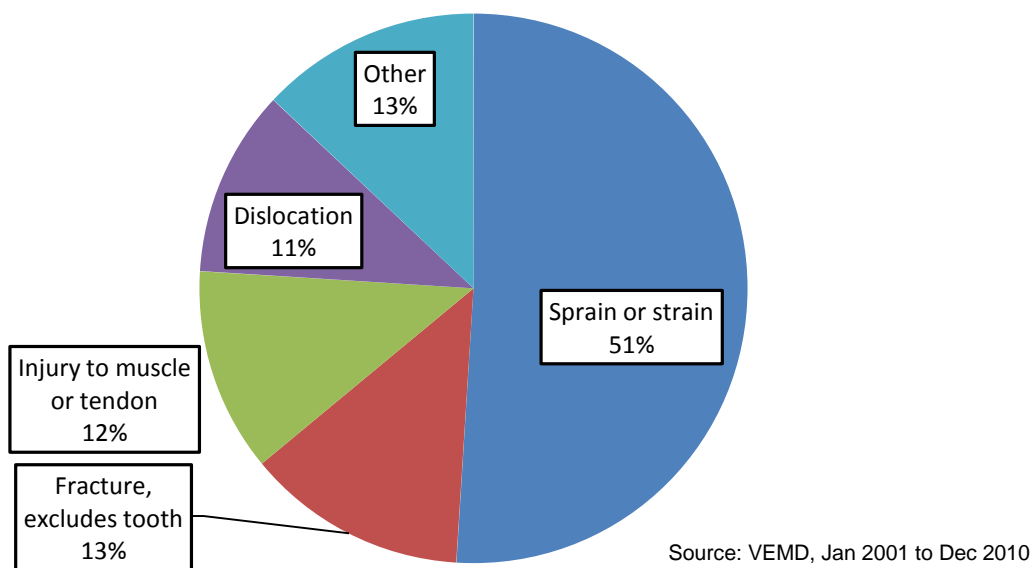
### Victorian Injury Surveillance Unit

Monash Injury Research Institute: Building 70, Monash University, Victoria, 3800 Australia  
 Tel: +61 (03) 9905 1805 Fax: +61 (03) 9905 1809 Email: visu.enquire@monash.edu  
 VISU is funded by the Victorian Department of Health

**Sample of case narratives:**

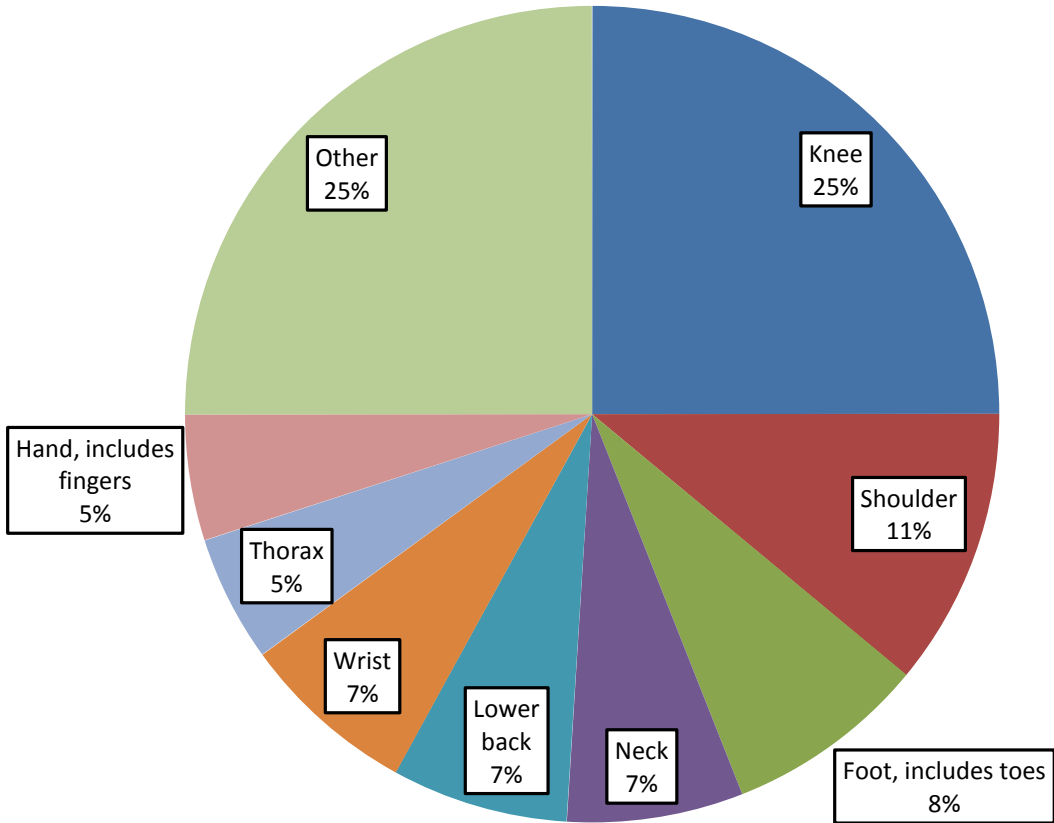
- *Knee injury during yoga - heard something snap*
- *Painful right knee occurred @ 0200 hrs whilst getting into the lotus position for yoga. Able to walk, knee slightly swollen, patient denies altered sensation.*
- *Painful right wrist post hearing a 'crack in yoga' a week ago nil improvement on arrival*
- *Doing yoga, felt sharp pain in right scapula area, now painful, decreased range of motion*
- *Twisted left knee at yoga last night. Now complains of increasing pain and swelling. No relief with analgesia.*
- *Injured right shoulder during yoga yesterday patient feels like he felt a pop*

**Figure 2 ED presentations for yoga-related injury by type of injury (n=84)**



**Injury type:** The most common type of injury was sprains and strains (51%), followed by fractures (13%), muscle or tendon injury (12%), and dislocation (11%)

**Figure 3 ED presentations for yoga-related injury by injury location (n=84)**



Source: VEMD, Jan 2001 to Dec 2010

**Body site:** The most commonly injured body site was knees (25%), followed by shoulders (11%).

**Safety tips:** Do only what you can do; be aware of your personal limitations.

**Further information:** American Academy of Orthopaedic Surgeons  
<http://orthoinfo.aaos.org/topic.cfm?topic=A00063>