2: AIMS AND OBJECTIVES

The aim of this observational study was evaluation of short term and long term effects of yogasanas on knee complex through a physiotherapy perspective. Practice of various yogasanas for prevention and treatment of knee dysfunction was assessed. Muscle work and knee joint position of selected yogasanas was analyzed. For meeting the aims study was made in various groups. The objectives were:

To evaluate effects of yogasanas over a long term, retrospectively.
To find effects of yogasanas for individuals without any reported knee problems before and after two years of yogasanas practice.
To study effects of yogasanas on patients having osteoarthritis of knees.
To study effects of holistic approach including yogasanas on patients having osteoarthritis of knees.
To study effects of short term yogasanas practice on a small group of British population.
To study effects of yogasanas on patients by various conditions involving knee complex in form of case studies.