

What Can the Alexander Technique Offer Your Patients?



- A [2008 randomized controlled study](#) of 579 patients published in the British Medical Journal found that “One to one lessons in the Alexander technique from registered teachers have long term benefits for patients with chronic back pain.” Alexander Technique outperformed both conventional care and massage therapy significantly. This led to the adoption of subsidization of Alexander Lessons by Britain’s National Health Service. It was found to be effective in as little as six sessions.
- A [2015 study](#) published in the Annals of Internal Medicine found that for chronic neck pain “Alexander Technique lessons [...] led to significant reductions in neck pain and associated disability compared with usual care at 12 months.”
- A [2016 study](#) ‘Reductions in co-contraction following neuromuscular re-education in people with knee osteoarthritis’ found preliminary evidence that Alexander Technique can help people with arthritic knees reduce pain scores. “Following AT instruction the mean WOMAC pain score reduced by 56 % from 9.6 to 4.2 ($P < 0.01$) and this reduction was maintained at 15 month follow up.”
- Significant additional evidence exists. A [2012 peer review](#) found that “Strong evidence exists for the effectiveness of Alexander Technique lessons for chronic back pain and moderate evidence in Parkinson's-associated disability. Preliminary evidence suggests that Alexander Technique lessons may lead to improvements in balance skills in the elderly, in general chronic pain, posture, respiratory function and stuttering [..].”

Basic Methodology



- Rather than working with a client's structure (which is best left to qualified medical professionals) the Alexander Technique works to re-educate a client's Use—their biomechanical habits. Often poor movement and excessive effort are contributing to or exacerbating existing conditions. By removing this interference and subtracting unnecessary tension the system is given space to heal by itself or with the aid of medical treatment.
- Alexander Technique is most effective in one-on-one sessions. A teacher applies a habit-breaking method both through verbal instruction and a unique body work that helps clients sense their tension and move against the grain of their habit. Over time this has the effect of replacing negative movement with healthy functioning. This work is applied both on a massage table and to daily activities such as sitting in a chair, standing, walking, and any other activity the client has difficulty doing with ease. Ideally, these improved biomechanics become a preventative bulwark against future injury. Group workshops can also provide limited but still tangible benefit depending on a client's level of need.
- Alexander Technique should be instructed by a qualified teacher—[AmSAT](#) (the largest professional association for A.T. teachers in the United States) certified teachers study for a minimum of 1600 hours over a three year period and must complete professional development work and abide by a code of conduct that assures safety, professionalism, and continual expertise.

How to Learn More

- Visit our website Freedominmotionat.com for information, videos, blogs and more. You can also check out our [testimonials page](#) to hear from past clients. Our private studio is in the Lincoln Square neighborhood. Lessons can also be booked off our website and it is the best place to refer people to.
- Email us at Freedominmotionat@gmail.com with questions about the work and how it can serve your patients and community.
- We offer a limited number per month of free personal workshop consultations for medical professionals so they can learn about and sample the work so they can feel confident recommending it. If you are interested, email us at the above address and we will look into setting something up.

Thank you for your time and attention.