

Excerpts:

“I have long been intrigued by the subtle form of retraining the nervous system, which I currently recommend to patients whose movement has been restricted by injury, cerebral palsy, stroke, fibromyalgia or chronic pain. (I find it be much more useful than standard Physical Therapy.) I also believe that the Feldenkrais Method can help older people achieve greater range of motion and flexibility, and help all of us feel more comfortable in our bodies.

Dr. Moshe Feldenkrais believed that most of us go through life using habitual patterns of movement that may be limiting or inefficient. We may have developed these patterns to compensate for past injuries or learned them on the job (through performing repetitive motions or sitting for long periods). Yet, few of us really pay attention to how our bodies move until something hurts. The key to healing, Feldenkrais felt, is learning to be aware of these unconscious patterns of movement, and experimenting with new possibilities until you find ways to move with the least effort and strain. Through repetition, your body “learns” these new, more-efficient movements and can program the brain and the nervous system to incorporate them into your everyday functioning.” (Excerpts reprinted from Dr. Andrew Weil’s Self Healing Newsletter, May 1998)