Learning Strategies for Long-Term Relief from Chronic Neck and Back Pain using the Alexander Technique.

Four-Week Courses starting October 2022

A number of studies have proved that learning the Alexander Technique can bring long-term benefits for patients with chronic back and neck pain. [1,2,3]

Using a combination of re-education exercises, relaxation techniques and advice on sitting, standing and walking, participants will learn how to recognise and correct poor movement and postural habits that may contribute to their condition.

Participants will learn how to:

- **improve posture with less effort**
- **reduce muscle tension**
- **use pain-relief strategies on the move**
- **use visualisation techniques to improve movement and reduce stress on the body**

Course Details

Duration:	4 x 1.5 hours (weekly)
Venues*:	Bedford, Godmanchester, Northampton and Olney
Cost:	£60
Availability:	6 spaces
Tutor:	Roy Palmer MSTAT – teaching AT since 1998
Contact:	roy@artofperformance.co.uk / (01234) 708777

* Courses are run at physiotherapy and osteopathic clinics.

Notes:

1. The course is suitable for patients currently undergoing treatment who may benefit from additional support.
2. Alexander technique lessons are safe and pose no health risks. No manipulation is involved, just gentle touch.
3. The Alexander Technique is consistent with medical and scientific theory relating to human functioning.
4. The NHS has information for the general public on its website at https://www.nhs.uk/conditions/alexander-technique/

References:

[1] Randomised controlled trial of Alexander technique lessons, exercise, and massage (ATEAM) for chronic and recurrent back pain (2008)

[2] Taking charge, choosing a new direction: A service evaluation of Alexander Technique lessons for pain clinic patients (SEAT): McClean, S and Wye, L (2012)

[3] Self-efficacy and self-care-related outcomes following Alexander Technique lessons for people with chronic neck pain in the ATLAS randomised, controlled trial. (2017)

Details of more studies are at https://alexandertechnique.co.uk/alexander-technique/published-research