

The Feldenkrais Method®

What is the Feldenkrais Method®?

Dr. Moshe Feldenkrais was a physicist, a judo master and a soccer player. He studied his own movement in order to heal from a knee injury. This led him to find a way that helps others heal from injuries. It is to help people with many other pain and movement issues.

The tools are movement, touch and imagination. These tools are used to show you how to move with more ease and grace. To move in this way reduces body aches and pains, helps you to move more freely, and feels good.

How is it practiced?

1. **Awareness Through Movement®**
This is a group class. Teachers talk you through a series of gentle actions to help you have a better sense of your body. You become aware of habits and places that feel rigid, while you find better ways to move.
2. **Functional Integration®**
This is a one-on-one lesson to meet your needs. With words and gentle touch, teachers can guide you in a process that leads to be more at ease with your body.

How can this method help me?

It may help you in a number of ways:

1. **Movement**

It may help as part of your treatment from stroke, MS, or other neurological issues. It can also help athletes, musicians, dancers, and actors to improve their skills of movement, flexibility, balance and coordination.

2. **Pain**

It can help decrease muscle or joint pain that is the result of injuries.

3. **Mood**

Many people have a feeling of well being after lessons. If you are being treated for anxiety or depression it may help these symptoms.

Who practices Feldenkrais?

Find a certified Feldenkrais practitioner through the Feldenkrais Guild of North America. Practitioners have over 800 hours of formal training over the course of 4 years.

If you would like to speak to a certified Feldenkrais practitioner contact UW Health Integrative Medicine at **608-263-7936**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6873