

# Alexander Technique Pilot

Sponsored By Scott Dunagan

Taught By Josephine Gray

6/3/04

1

# What Are Alexander Technique Lessons?

- ◆ A system for teaching people of all ages how best to use their body in everyday action to avoid unnecessary physical stress that is linked to pain or disability
- ◆ A.T. addresses the cause of many R.S.I's - poor postural habits. By bringing awareness to these patterns we facilitate change empowering the individual to notice the connection between use, function and injury, and to change postural and movement habits that are often causing or exacerbating injuries.
- ◆ It is taught one-on-one by a highly trained teacher who assesses individual body patterns and uses his or her hands in a non-manipulative way together with verbal instruction to guide you to change the way in which you move.

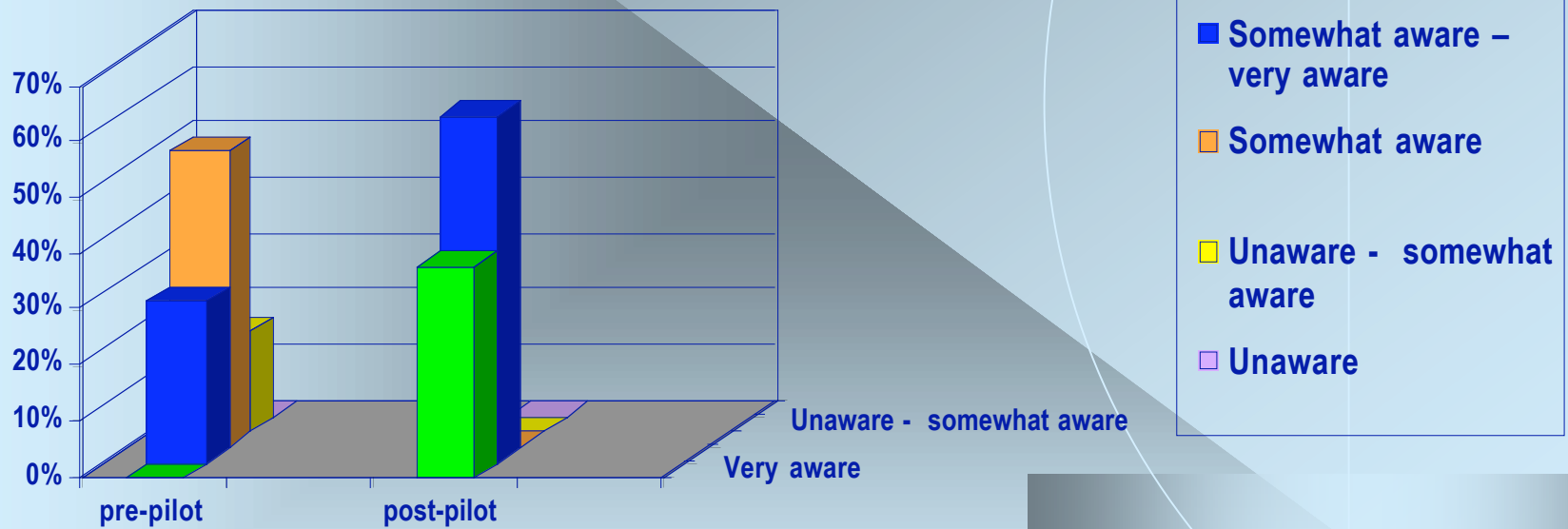
## Alexander Pilot

- ◆ A pilot group of 12 people in CITC (Scott Dungeon's group) for 10 weeks
- ◆ A continuation of the pilot with 10 people (5 continuing students from 1st pilot and 3 new people for 10 weeks
  - ◆ 50 minute individual sessions each week
  - ◆ Survey before, at 5 weeks, and after 10 weeks to help determine effectiveness

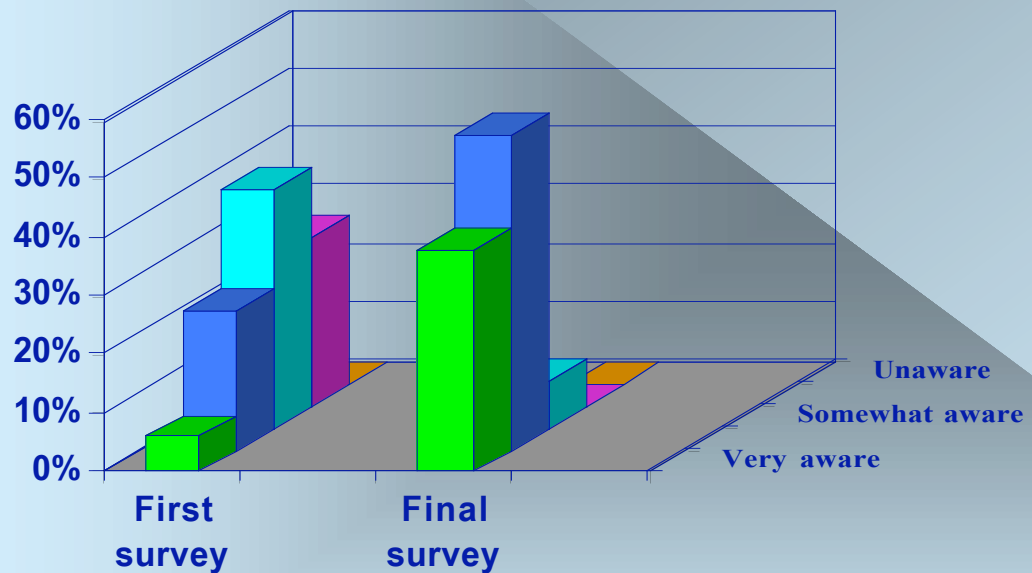
# Alexander Survey Design

- ◆ The survey was in two parts:
  - ◆ Demographics, job descriptions, medical history, and current medications
  - ◆ Assessment of the Alexander Training lessons- their content and effectiveness

# How Aware Are You of Your Posture at Your Work Station?

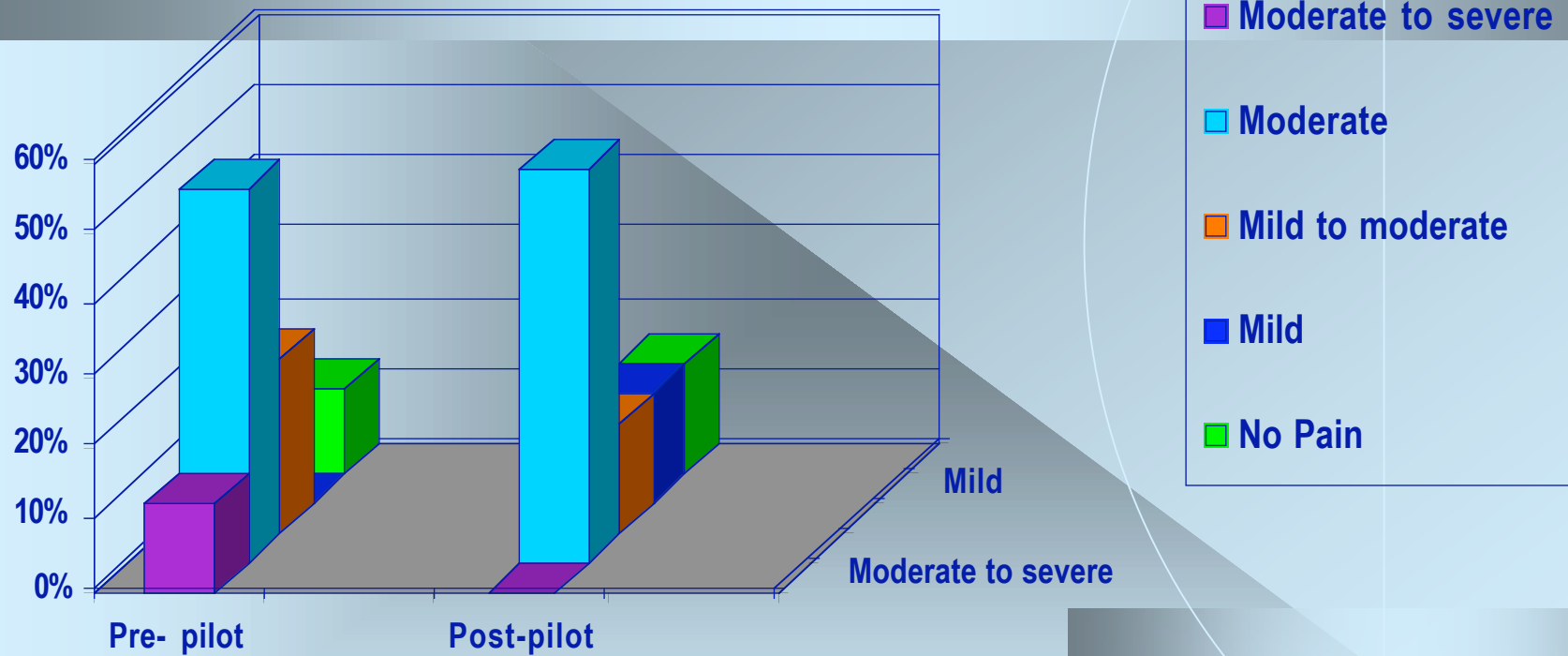


# How Aware Are You That Your Body Posture and Movements Affect Your Workstation Efficiency?



- Very aware
- Somewhat aware – very aware
- Somewhat aware
- Unaware - somewhat aware
- Unaware

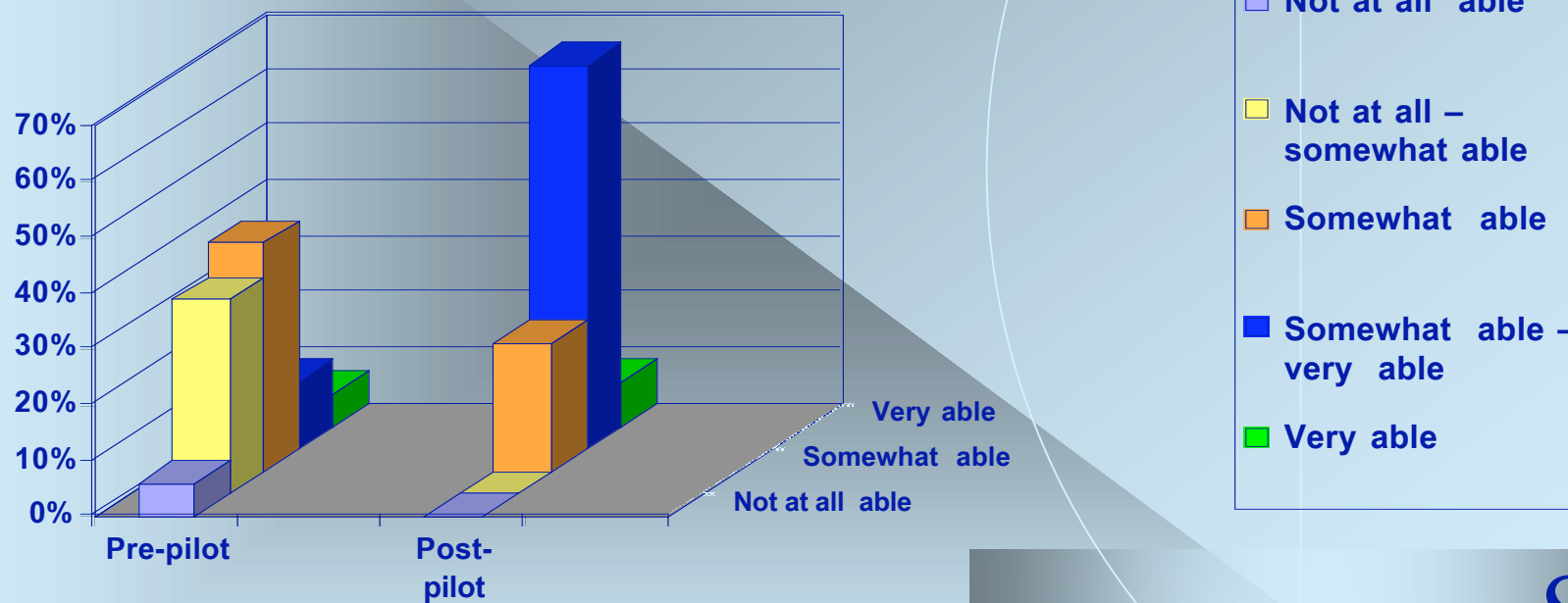
# How Severe Is Your Pain or Discomfort?



7

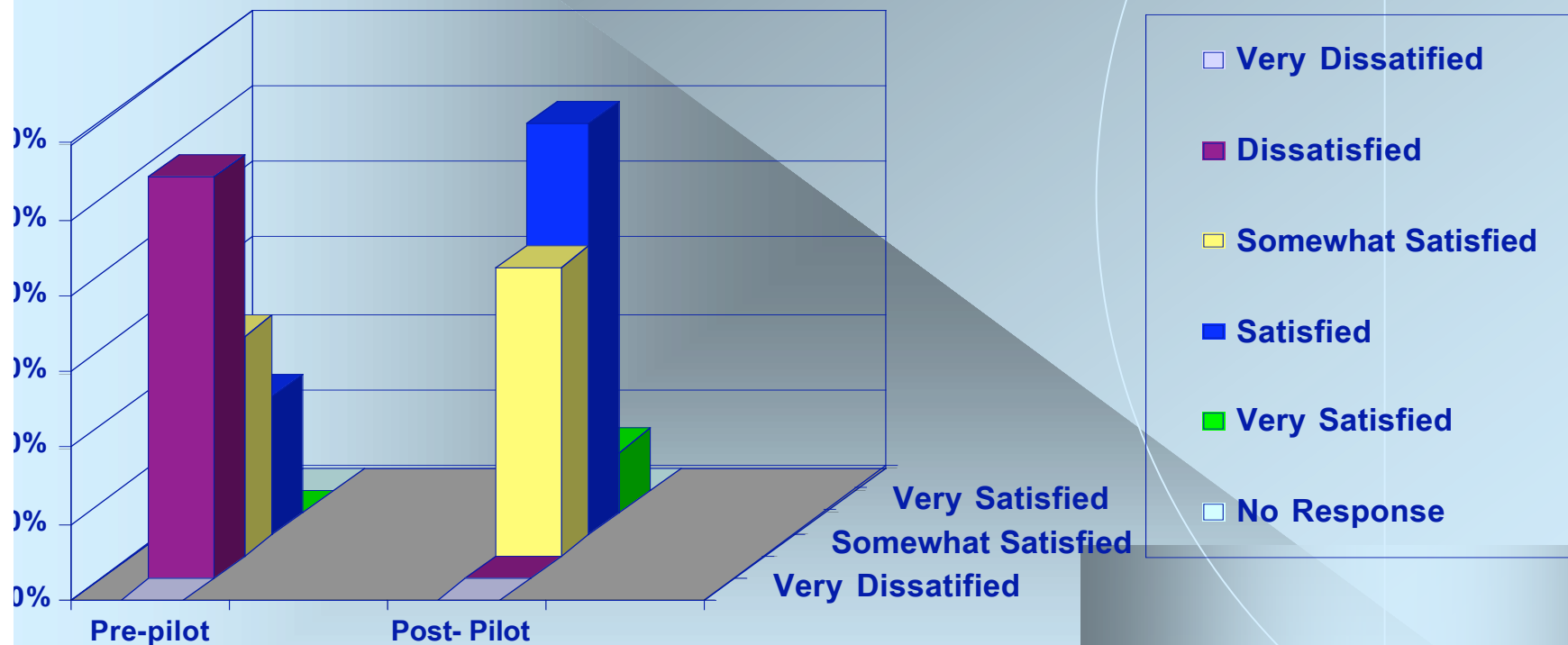
◆ One participant's pain eliminated completely

# Are You Able to Effectively Deal With the Pain or Discomfort at Your Workstation?





# What Is Your Level of Satisfaction With Your Own Ability to Affect Change Regarding Pain/discomfort at Your Workstation ?



# How Satisfied Are You With Your Ability to Stay Symptom Free?



## Changes Made to the Workstation (Recommended by Alexander Technique Teacher)

- ◆ Seat adjustment on chair to tilt down
- ◆ New keyboard tray and arm
- ◆ Changing the angle of seat, making knees lower than hips
- ◆ Sitting straighter in chair, writing with less pressure on pen
- ◆ Ordering shorter keyboard without number pad
- ◆ Moving table closer to work station, removal of arm rests
- ◆ Made adjustments to my LEAP chair to assist in the techniques that I have learned in Alexander Training
- ◆ Adjusted the tilt in chair, more aware of body posture at workstation

## The Most Useful Aspects of the Lessons (in the Words of the Participants)

- ◆ Being aware of how I hold my neck whether sitting, standing or working. Knowing that standing up does not mean tensing all muscles
- ◆ Table work, mindful relaxation, awareness of body movements
- ◆ The frequency of classes helps you keep the information fresh in your mind
- ◆ Awareness of posture
- ◆ Greater awareness of simple things (posture, body tension, irregular breathing ...)
- ◆ Not to hold my neck in scrunched and tight.
- ◆ Applying techniques (lifting, getting into car, positioning hands...)
- ◆ The level of awareness of body structure, techniques to help relax tensed up muscles

## Rate the Effectiveness of Your Alexander Instructor.

◆ Not at all effective	0%
◆ Not at all to somewhat effective	0%
◆ Somewhat effective	0%
◆ Somewhat effective to very effective	46%
◆ Very effective	54%

## Rate the Effectiveness of the Alexander Training Process

◆ Not at all effective	0%
◆ Not at all to somewhat effective	0%
◆ Somewhat effective	19%
◆ Somewhat effective to very effective	50%
◆ Very effective	31%

## Overall Satisfaction With the Alexander Technique as a Method to Help Prevent R.S.I. Injuries.

◆ Not effective	0%
◆ Not effective to average	0%
◆ Average	23%
◆ Average to highly effective	46%
◆ Highly effective	31%

## Would You Continue Alexander Lessons If Made Available to You?

◆ Yes	69%
◆ No	23% *
◆ Not sure	8%
◆ No response	0%

\* No = Some reported that they did not have time to continue; some indicated that 10 lessons was sufficient; some did not want to continue



## Can Alexander Help in Reducing Injury?

- ◆ The results of this survey show that by increasing awareness of posture and by showing participants how to improve their posture (or “use”), pain and discomfort decreased and the ability to stay symptom free increased
- ◆ Many of the participants found ways of moving, sitting, driving and working that did not exacerbate an existing injury: thus allowing the pain-cycle to be interrupted
- ◆ The benefits are therefore two-fold: as well as providing pain relief, the lessons were useful in preventing re-occurrences