



THE ALEXANDER TECHNIQUE & REPETITIVE STRESS INJURIES!



By: Cecile Raynor

Why people with repetitive injuries and chronic pain need the Alexander Technique?

Tension headaches, neck, shoulders, back or joint pain, are common ailments for individuals who do repetitive movements for long periods of time. Your ability to work well is affected greatly because your main professional tool is your body and how you use it does matter!

Alexander Technique teachers are trained to observe and identify human movement patterns that cause discomfort or pain. Through a gentle hands-on and verbal process of kinesi-
thetic reeducation, they engage both your mind and your body to help you prevent those patterns. **This way of working results in tension release, improved posture, quality of movement, and better health.**

The body is perfectly designed for functional and easy movements. However, once we get into habitual patterns of body use that do

not respect that perfect design, we experience discomfort and then pain. **Depending on pain killers only masks the source of the problem which in time gets worse and leads to chronic conditions!**

When you address the root cause of the discomfort or pain rather than covering up the symptom, **you can step out and reverse the cycle!**

By studying the Alexander Technique with a certified practitioner, you will learn how not to interfere with your perfectly designed body, and you will be able to do whatever you do more efficiently and easily without creating discomfort or pain for yourself.

An essential partner to quality ergonomics, **the Alexander Technique enhances performance at work and in everyday life** while allowing you to get the best out of your quality equipment.

What do Health Professionals say about the Alexander Technique?

"As a physician and as a patient, I enthusiastically endorse the Alexander Technique and most highly recommend Cecile Raynor's skillful work."

~ Anne Winiker, Internist

"Lessons in the Alexander Technique taught me how to sit in a state of lumbosacral poise and my chronic low back pain gradually became cured. The Technique is true education. Compared to sur-

gery (e. g. for low back pain), a course of instruction is inexpensive."

~John H. M. Austin, MD, Chief of the Department of Radiology, New York, NY

"No equipment is needed, just the skill and training of the teacher. This technique is very worthwhile as a primary preventive therapy... especially useful when posture is a key factor in back injuries while lifting and for workers who perform repetitive tasks while sitting."

~Robert D. Green, MD, Emergency Department, Norwalk Hospital CT

Cecile is a certified practitioner with 3 years of professional training in the Alexander Technique completed in Paris, France. She has been practicing in Brookline for over ten

"...The demands of modern life have fostered a virtual epidemic of neck, back, and other problems related to mis-aligned posture and improperly tense muscles. The Alexander Technique helps people with chronic pain and tension shed long-established habits and relearn how to use their bodies with ease and grace"

-Jane Brody, NY Times

years, working with children, teenagers, adults and seniors. Many with medical or chronic conditions find her work extremely helpful in reducing or eliminating discomfort or pain. Cecile complements her practice by drawing on her experience with exercise, meditation, nutrition and natural remedies.

This year, Cecile has been introducing the Alexander Technique to a vari-

ety of health professionals including physicians at the Brigham & Women Faulkner Hospital site, and health professionals at the BI/Deaconess Mind/Body Institute. She also offers workshops and classes at the Brookline Community Center for the Arts (BCCA).

For more information, check www.alexandertec.com or call Cecile at 617 325 0881.

**NECK, BACK, OR JOINT PAIN?
DISCOVER**

A TOOL FOR TENSION RELEASE AND PAIN PREVENTION

ALEXANDER TECHNIQUE ASSOCIATES

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