

Chronic / Persistent Pain

– How can we help, as Feldenkrais Practitioners?

- *Reduce threat/danger messages*
- *Improve function*

A Feldenkrais Practitioner can...

1. Support the person's individual experience – 'meet them where they are'
2. Develop self awareness
3. Teach movement concepts and organisation
4. Provide self care 'tools'

1. Support

- Empathy, compassion, support
- Non-judgemental attitude and language
- Relationship and understanding develops over time

2. Self Awareness

- Breathing
- Habitual patterns of organisation - thinking/ feeling/ sensing/ moving
- Refining distinctions and clarity in sensation and movement
- Enlarging the self-image

3. Movement Concepts and Organisation

- Using the whole body
- Skeletal connections and support
- Reducing effort
- Integrating breathing
- Using strong central muscles for powerful movements
- Using smaller muscles for finer movements
- Dynamic posture - acture
- Interacting with spatial environment, eg gravity, support, visual and vestibular orientation
- Activating the parasympathetic NS

4. Self-care Tools

- Finding comfort
- Practising specific movement sequences
- Breathing more easily and reducing breath holding
- Developing ability to visualise/ imagine movement
- Recognising habitual patterns and trying other options
- Changing pain focus