

# **EFFECTS OF A FELDENKRAIS-BASED MOBILITY PROGRAM ON FUNCTION OF A HEALTHY, ELDERLY SAMPLE**

## **ABSTRACT**

The purpose of this study was to explore whether a program of mobility exercises, based on the Feldenkrais Method, would result in an increase in range of motion and function, as measured by the Functional Reach (FR), modified Functional Reach (modified FR), and Timed "Up and Go" tests. Twenty-eight healthy elderly volunteers participated in the study. The experimental group participated in the program three times a week for six weeks. Measurements were taken before and after the six week program.

The Timed "Up and Go" test improved significantly ( $p < .05$ ) in the experimental group when age was accounted for. Right ankle dorsiflexion also increased significantly ( $p < .05$ ). The FR and modified FR measurements did not demonstrate a significant change. As measured by the Timed "Up and Go" test, a Feldenkrais based program may improve function in healthy elderly individuals. Further research, with healthy and disabled subjects, is needed to understand the benefits of the Feldenkrais Method.