

Background

The ability to move with sufficient movement extension, sufficient level of conscious control with minimal level of required effort and with suitable posture are the basic premises that support and increase the quality of life generally and specifically in the field of sport, art, physiotherapy, during recovery and within other areas of life.

Objectives

The aim of this study is to explore and evaluate potential of the Feldenkrais method in its ability to facilitate greater movement extension and more erect posture in the neck area. Simultaneous objective is to prepare the ground for the next possible research work in the area of Feldenkrais method and its influence on locomotive system.

Methods

The participants of this study (6 participants) were intervened with one Awareness Through Movement lesson of the Feldenkrais method focused on the neck and cervical spine area. The changes were measured in the modified Forestier's test, the neck spine rotation test, the Lenocho's test and the neck spine lateroflexion test. The feelings from the neck area were evaluated by participants on the VAS before and after the lesson, simultaneously the photographs of upper body part were taken to record the posture. After the intervention participants were interviewed to obtain additional information considering their experience with the lesson.

Results

Results show improvements in lateroflexion and rotation within all participants, while other measured value (modified Forestier's test) representing posture was improved in half of the participants, in other participants outcome measurement remained unchanged or its value slightly increased. Considering Lenocho's test results showed accordingly improvements, worsening or no change equally for 2 participants within each outcome. All participants except one reported more ease and better feeling and coordination in the neck area after the lesson. Results suggest that Feldenkrais method is capable of facilitating easier and improved movement in the neck area already after first lesson. Based on the outcomes we can suggest further investigation on a greater scale level.

The key words

Awareness through movement, movement development, motoric function, motoric expression, motoric stereotype, conscious movement