

Background

Movement is one of the basic aspects of life, connected with perception, thinking and feeling. If we influence the movement, we influence also the other factors of ourselves. The quality and the range of the movement corresponds to the rate of an awareness, what we are doing, and improvement of body perception can be very important for the elimination of undesirable elements in psychological and physical sphere of living.

Objectives

The aim of this research was to get the subjective feelings from each proband, who get involved the course of Feldenkrais method, and with the quality research sample evaluate the effect of the method to psychical a physical system.

Methods

The study provided 99 filled pre-tests and post-tests. Pre-tests showed the basic anamnesis data and the post-tests showed evaluation of probands feelings after ATM intervention – Awareness Through Movement. The result were the reviews of probands by answering the questions, with Lickert scale.

Results

Results showed mostly positive response to the intervention. Regarding the physical aspects, most of the probands experienced and increase in range of motion. On the issue of the decrease of pain perception, the probands answered inconsistently. Probands mostly agreed with better psychological feelings. Another important aspect of study was the body perception and awareness, which was positively evaluated. Also the structure of the research group was determined, thanks to largeness of the research sample. The course was attended mostly by the women with health specialization.

The key words

Feldenkrais method, ATM, awareness through movement, movement patterns, movement stereotypes, perception, alternative rehabilitation