

For Immediate Release

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Relief from tight hamstrings

STUDY SHOWS BENEFITS OF FELDENKRAIS AWARENESS THROUGH MOMENT® LESSONS

Waterloo, ON, April 16 – Now there's great news for people who suffer from tight hamstrings reports local Feldenkrais *Awareness Through Movement*® teacher, Karen Toth. The results of a research study conducted by Temple University Professor James Stephens, PT, PhD, CFP and published in *Physical Therapy Journal* (Volume 86, Number 12, December 2006) indicate that hamstring muscles can be lengthened using specific *ATM* lessons, without stretching.

ATM lessons are typically experienced in a group atmosphere where a *Feldenkrais* practitioner verbally guides students through a series of slow, gentle movements. The method was developed by Moshe *Feldenkrais*, D.Sc. (1904-1984) as a result of his knee injury in World War II. Moshe was an engineer, physicist and martial arts expert of Jewish descent.

Previous studies have shown that the traditional approach to passive stretching to increase muscle flexibility does not produce long-term changes in the conjoint viscous and elastic properties of muscle. In Dr. Stephens' study, the experimental group used *ATM* 30 seconds a day on each leg and produced 7.04 more hamstring length in 8 weeks, compared with 1.15 degrees more hamstring length in 30 seconds a day on each leg in the control passive stretching group. According to Ryan C. Nagy, M.A., CFP, "Dr. Stephen's research goes a long way to empirically validating what many *Feldenkrais* and other "alternative" health practitioners have been saying for many years: Flexibility and range of motion can be increased without stretching."

Currently, there are over 1700 practitioners of the Feldenkrais method in the United States and Canada. For a complete list of research, please go to www.feldenkrais.com. For more information about the *Feldenkrais* Method or *ATM* lessons, contact Karen Toth, 519-741-1449 at Stretch your Life, 871 Victoria St. N., Kitchener or Carla Feinstein, 503-221-6612 carla.feinstein@feldenkraiguild.com.