



Schweizer
Paraplegiker
Zentrum

Centre
suisse de
paraplégiques

Centro
svizzero per
paraplegici

Swiss
Paraplegic
Centre

Psychologie

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Mrs.

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Nottwil, February 2nd of 2007
PSY/BKR

TO WHOM IT MAY CONCERN

**APPLICATION OF THE FELDENKRAIS METHOD IN THE SWISS PARAPLEGIC CENTER
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Dear Mrs. Allison

Since over ten years the Feldenkrais Method is part of our rehabilitation program for Paraplegia, Tetraparesis, Tetraplegia, Pain Patients, and Patients with Multiple Sclerosis.

As it is a Method which works through Tactile Information to the ZNS and movement coordination, it demands from the Patient an attitude of learning. Many Patients report the importance of this method in their Rehabilitation Process, also because it uses their sensitivity and not the often painful muscle training. The general feedback of the patients is very positive. Also Physiotherapist often report better Coordination of Function during Physiotherapie after a Feldenkrais lesson. There is no research so far on the impact of the Feldenkrais Method in the Rehabilitation with Para or Tetraplegics.

The Feldenkrais Method is used to enhance:

1. The Self Image which is often distorted through the accident or illness which lead to the Paralysis.
2. Coordination of movement which has to be re-established with incomplete Para or Tetraplegics.
3. Breathing ability
4. To improve Stability either in sitting in the wheelchair or in learning to walk
5. To reduce Pain either through functional Disorder or Nerve Pain.

With kind regards yours

SWISS PARAPLEGIC CENTRE

Dr. Markus Meyerhans
Psychotherapeut SPV/ASP