Two minute science animation captures 125-year-old complementary healthcare

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Practised for over 125 years, the Alexander Technique is a complementary healthcare method effective for back pain, neck pain and Parkinson's disease. Now a preliminary scientific model of the Alexander Technique is summarised in a two minute animation here **(**https://youtu.be/YZaUgt8wyoY**).**

The Alexander Technique is an educational method for changing long-standing habits of tension. Research suggests it results in improved movement, balance and overall wellbeing, and findings from three randomised controlled trials show long-term benefits for people with back pain, neck pain and those living with Parkinson's disease.

Through the Alexander Technique, people learn to recognise and change harmful postural habits. Sessions include simple activities such as standing and sitting lying down or walking and more complex activities such as learning a musical instrument or sports.

But how does it work?

A scientific model of the Alexander Technique - published in the peer-reviewed journal *Kinesiology Review* - proposes that changes to postural tone and body schema underlie many of the reported benefits of the Alexander Technique. This model has been animated by science animation experts SciAni, and can be viewed and embedded on websites at the following link: https://youtu.be/YZaUgt8wyoY .

The FM Alexander Trust, which commissioned the animation, raises public awareness and understanding of the Alexander Technique. 'This short animation introduces some of the latest scientific research into the Alexander Technique in a clear way, and is a valuable resource for professionals working in healthcare, education and for the general public,' stated Kamal Thapen, Chair of the FM Alexander Trust.

The FM Alexander Trust also hosts a large library of other videos about the Alexander Technique which can be accessed online for free. These videos give a unique insight into the history and practice of the Alexander Technique.

The animated video is based on the following research paper: 'Potential Mechanisms of the Alexander Technique: Toward a Comprehensive Neurophysiological Model' by Timothy W. Cacciatore, Patrick M. Johnson, and Rajal G. Cohen, published in *Kinesiology Review* 9 (2020). https://doi.org/10.1123/kr.2020-0026

The website for the FM Alexander Trust is https://alexandertrust.org.uk/.

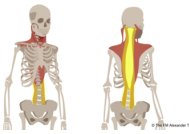
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