

*“What else can I do besides taking my medication?”*

# Alexander Technique for Parkinson’s

In partnership with your medical care team  
AT can play a role in management of symptoms

An initiative of **THE POISE PROJECT**

## **Research and Further Information\***

**\*Citations in dark red are the most relevant to neurodegenerative or neurological disorders.**

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## Online Alexander Research Resource Pages

Alexander Technique Science: Peer-reviewed Research on Mind, Movement, and Posture  
<https://www.alexandertechniquescience.com/>

Alexander Studies Online  
<https://www.alexanderstudiesonline.com/>

The Poise Project: Alexander technique for Parkinson's research page  
<https://www.thepoiseproject.org/alexander-technique-for-parkinsons-research/>

The Poise Project: Abstracts presented at conferences  
<https://www.thepoiseproject.org/tpp-research>

Society of Teachers of the Alexander Technique (STAT): AT research page  
<https://alexandertechnique.co.uk/alexander-technique/research>

## Videos & Podcasts of Interest

Dr. David Griesemer, Neurologist on the role of AT and the AT specialist in patient care.  
<https://vimeo.com/265621618>

"Pilot Study in the Efficacy of Using Alexander Technique in Improving Balance in Healthy Elderly"  
Univ of SC (2007) - Pre- and Post-course movement assessments  
[https://www.youtube.com/watch?time\\_continue=1&v=INf5bGRwhZA](https://www.youtube.com/watch?time_continue=1&v=INf5bGRwhZA)

"Alexander Technique British Medical Journal Back Pain Study"  
<https://www.youtube.com/watch?v=coVXuDjHrfM>

"Changes in Self-management in Functional Patterns of Movement after Minimal Alexander-based Training" (2016) Pre- and post-course assessments of Parkinson's Rock Steady Boxing participants  
<https://vimeo.com/183099747>

"Alexander technique for non-surgical treatment of the cervical herniated disc"  
<https://www.youtube.com/watch?v=P1VSSq9zuUM&t=20s>

Alison Wood - Alexander based way of addressing freezing of gait  
<https://www.youtube.com/watch?v=eZsqJc5cclE>

Paul Recker talks about Alexander technique for Parkinson's <https://vimeo.com/316280145>

Janet Gary talks about Alexander technique for Parkinson's <https://vimeo.com/316279566>

Poised for Parkinson's Course: Post-course interview - Alice and Chuck <https://vimeo.com/346987631>

Poised for Parkinson's Course: Post-course interview - Jim and Monica <https://vimeo.com/346978375>

Partnering with Poise Course: Post-course interview - Tom in NC <https://vimeo.com/3162807707>

Partnering with Poise Course: Post-course interview - Betty in NC <https://vimeo.com/316280376>

To locate Alexander specialists with post-graduate training in working with people living with neurodegenerative conditions or other specialized trainings, please contact:

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[www.thepoiseproject.org](http://www.thepoiseproject.org)

To find AT specialists in Pan America, or anywhere in the world, please visit these websites:

Asociación de Profesores de Técnica Alexander de España	<a href="http://www.aptae.net">www. aptae.net</a>
Asociacion de Profesores de Alexander Technica de Mexico	<a href="http://www.aptamexico.wordpress.com">www.aptamexico.wordpress.com</a>
Asociacion Argentina de Profesores de Tecnica Alexander	<a href="http://www.asociaciontecnicalexander.com.ar">www.asociaciontecnicalexander.com.ar</a>
Associação Brasileira da Técnica Alexander	<a href="http://www.abtalexander.com.br/">www.abtalexander.com.br/</a>
Esquela Uruguaya de Técnica Alexander	<a href="http://www.tecnicaalexander.com.uy/">www.tecnicaalexander.com.uy/</a>
American Society for the Alexander Technique	<a href="http://www.amsatonline.org">www.amsatonline.org</a>
American Center for the Alexander Technique	<a href="http://www.acatnyc.org">www.acatnyc.org</a>
Canadian Society of Teachers of The Alexander Technique	<a href="http://www.alexandertechniquecanada.ca">www.alexandertechniquecanada.ca</a>
Alexander Technique International	<a href="http://www.alexandertechniqueinternational.org">www.alexandertechniqueinternational.org</a>
Society of Teachers of the Alexander Technique	<a href="http://www.alexandertechnique.co.uk">www.alexandertechnique.co.uk</a>
Alexander Alliance	<a href="http://www.alexanderalliance.org">www.alexanderalliance.org</a>
Interactive Teaching Method	<a href="http://www.itmalexandertechnique.org">www.itmalexandertechnique.org</a>
Professional Association of Alexander Teachers	<a href="http://www.paat.org.uk">www.paat.org.uk</a>
Internationally Affiliated Societies	<a href="http://www.amsatonline.org/aws/AMSAT/pt/sp/international">http://www.amsatonline.org/aws/AMSAT/pt/sp/international</a>