



## Tomsterdam BodySmarts

Intelligent solutions for body problems

Alexander Technique with Tom Koch  
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### Basics of the Alexander Technique

The Alexander Technique is a systematic approach to organizing and improving your body sense in order to gain more conscious control of behaviors that interfere with health, well-being and performance. It deals with HOW you do things, and so can be applied to anything that humans do. In controlled studies of chronic low back pain it was shown to be more effective than standard medical care, exercise, massage and physical therapy (British Medical Journal, 2008).

#### The core components

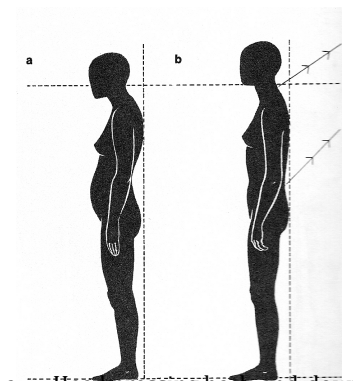
- Observing (noticing what is happening without judging)
- Stopping (saying 'no' to the old habit, what Alexander termed "inhibition")
- Directing (releasing the energy necessary to move)

#### The core principles

- Recognition of the force of habit
- Human ability to inhibit or stop certain behaviors (compared to pure instinct)
- Recognition of faulty sensory awareness
- The primary control of the head-neck-back relationship in maintaining general coordination and balance

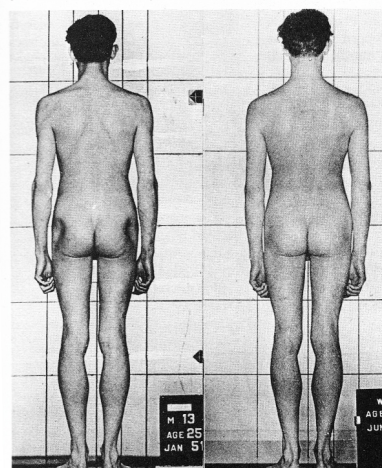
#### Principles of good use

- The neck is free of unnecessary tension so that the head is free to balance forward and up relative to the head-neck joint (atlanto-occipital joint).
- The back is free to lengthen and widen back and up relative to the legs.
- The knees are free to release forward and down (relative to the hip joints) AND forward and up (relative to the ankle joints).
- The shoulders are free to widen up and out to the sides to float above the rib cage.



- a. Head pressing back-and-down into the neck, neck and trunk pushed forward-and-down onto the legs, knees pulled back
- b. Head releasing forward-and-up away from the neck, neck and trunk lengthening back-and-up from the legs, knees released forward and away from hips and ankles

11. (a.) Note tension in neck, shoulders, and buttocks.  
(b.) Less tension throughout.



This photo shows the physical changes that can remain even 6 months after completing a short course of lessons.