

# HEALTH

NOVEMBER 19, 2002

## Coping With Joint Distress

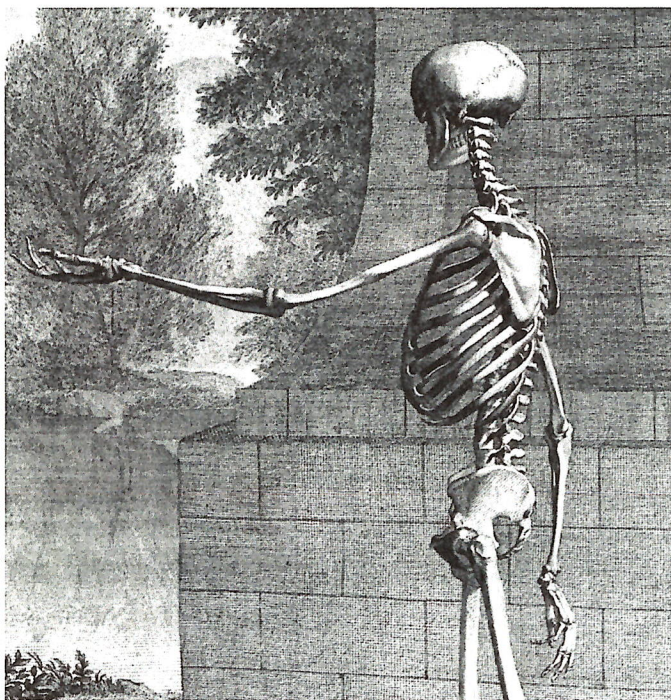


Image from "Albinus on Anatomy", Hale & Coyle, Dover Publications, 1988

While our nation is indeed experiencing a "Joint Dilemma" [Nov. 5], there are more options available in addition to medications and exercise.

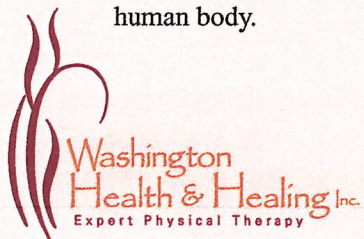
One of those options is to take lessons in the Alexander Technique, which teaches us how to move more easily and more upright while decreasing joint stress and joint compression. When the body is moving with better alignment, the bones and muscles of the joints are better able to withstand the normal wear and tear that we experience over time.

The Alexander Technique is an established, safe, gentle method that does not require any fancy equipment or exercises. Learning the technique feels good and is fun to do.

Certified Washington area teachers, who must have a minimum of 1,600 hours of training, can be found at [www.alexander-teachers.org](http://www.alexander-teachers.org).

*Gabrielle Czaja, Washington, DC*

Unique in her approach to patients, Gabrielle Czaja, MPT, mATI is one of Washington DC's leading physical therapists. Melding an eclectic, thorough, yet personalized approach to patients of all ages and illnesses/injuries, she employs the Alexander Technique, which focuses on restoring the body's capacity for flexibility, power and expressiveness. No stranger to athletic injuries, Czaja regards each patient with a genuine and individualized approach to the human body.



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