

The Trager Approach®

During the pain process within the body, we experience a type of protective self-defense mechanism that prevents the pained area from relaxing, rehabilitating, and healing. This recoiling of soft tissue, muscles, bones, and body systems prevents or greatly prolongs the healing process. Pain and stress cause muscles to contract. When this pain and stress persist, the unconscious mind puts the muscle contractions on a type of auto pilot, and the client quickly learns how to hold the injured area to immobilize it to prevent further pain. However, when the injured area recovers, the mind must re-learn that it is safe to let go or pain and/or restrictions in movement will persist. These unconscious holding patterns can be changed during the gentle wave-like movements of Trager bodywork.

The Trager Approach provides gentle and pleasurable movements that promote confidence within the body to accelerate healing. This unique technique improves movement and restores freedom to the affected areas. The gentleness of this approach allows the client to slowly give up muscular and mental control and sink into a very deep state of relaxation.

When the techniques of mobilization, relaxation, and movement re-education are used, changes are

noticed within the body. Not only do clients experience pain relief but they experience a reintroduction of mind/body awareness. This quality of effortless movement is maintained and reinforced by self-care, playful exercises called Mentastics®.

What is Mentastics? These are simple, active, self-induced movements which the client can do on their own, during their normal routine of daily activities. They serve as a continuation of the table work they have received to maintain the benefit of releasing deep-seated holding patterns. For many people, Mentastics become a part of their everyday life; taking a proactive approach to relieving themselves of stress and tension.

Many clients have exhausted the possibilities of conventional medicines. They have been pronounced “un curable” in that their damaged neural and muscular systems could not be restored. However, most clients experiencing the Trager Approach have been able to benefit from increased strength, mobility, vitality, freedom from chronic pain, and overall improvement in the quality of their lives.

The Trager Approach is a modality to be considered by those who seek an improved mind and body healing.