



Maureen McHugh

Feldenkrais Practitioner

Testimonial

***Many thanks for the relief from shoulder pain
by John G., Falls Church, VA
7 April 2011***

I want to thank you for the help you have provided me through the Feldenkrais Method over the past several weeks. I had been suffering from constant pain in my shoulder for the past 9 months or more. I visited several doctors in the area, including Johns Hopkins, and found no resolution other than recommendations to have surgery. In some cases, those recommendations came with caveats that there was only a 75% chance of success. In addition, the recommended surgery correlated with the particular doctor's specialty and was not consistent across medical disciplines, leaving me with little confidence in the diagnosis.



You were able to quickly evaluate the underlying source of the pain and give me relief within a few weeks of treatment. The Feldenkrais Method treats the body and mind as a whole and attempts to optimize the body's mechanical dynamics, offering fluidity and ease of motion taken away by an overly sedentary and stressful lifestyle. In my case, there also remains fundamental physical damage caused by arthritis and injury. I'm not claiming to have been "cured" of chronic structural damage. I am suggesting that the Feldenkrais Method offers an effective and unusually pleasant, non-surgical way of managing these issues and mitigating the pain associated with them.