

AN ACCOUNT

Student's name withheld

Early in 1991, I had mild arthritis in my neck, shoulder and arm. By the summer it was worse and thereafter steadily became more painful.

In May 1992, my doctor prescribed brufen-related tablets. He gave me 30 and said that when I finished them I was to have no more. While taking them, I occasionally observed a very slight improvement but this never lasted. When I had finished these, I was prescribed paracetamol which I took when I needed to. They gave me relief from pain but the effect was never permanent. My arm got so much worse that I began to think that I would have to give up driving.

In September 1992, I started a course of evening classes. These were an introduction to the Alexander Technique. I continued to have lessons after the course had finished.

Since 12 April 1993 I have not taken one paracetamol for my arm. I do not get the pain now.

However, this is not the only benefit I have had. I feel so much better in other respects. I was always worried, I suffered from depression and panic attacks and I found coping even with ordinary activities very difficult. Now, I rarely get depressed or panicky but if I do I can do something constructive about it. And I can cope much better with everyday life in general.