

# The Trager® Approach

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## Workplace Fatigue

Flexibility is the key to successfully dealing with the physical and emotional changes in everyday life. It is much easier to catch the moving train of life if you are moving too! Watch a surfer or a skier as their body adapts to waves, turns, or bumps. If they were rigid, they would fall or injure themselves. If you attempted to get on a moving treadmill or an airport 'people mover' from a standstill, your body would be jerked into motion. It is much easier if you are already in motion when you walk on to the moving belt.

At the workplace, sitting in the same position for hours overworks some muscles and under works others, causing physical stress. All of us have developed our own patterns for sitting, standing, walking, reaching, etc. Most of us are not aware that the way we move (or don't move) when we are at work, can cause pain at the end of the day. When emotional stress is present, even minute trauma is enough for us to experience severe pain. Chronic stress often sets off a progression of symptoms such as fatigue, tight achy muscles, joint stiffness, and pain.

Many of us are too sedentary while working. We don't take advantage of our built-in suspension system to take the stress off our joints and spines. We need to move to engage this system. Stand up and feel the spring in your legs. Can you take a short walk and imagine you are walking on a trampoline?

The Trager® Approach is a form of movement education that uses principles of elongation, suspension, feeling the weight and the swinging of the limbs and torso, and pausing. It does this to introduce new patterns, reminding the body how it can move freely without pain. Part of the work is passive movement done while the client is lying on a massage table or seated in a chair. It is very gentle, extremely relaxing, and pleasurable. Knots in muscles are not kneaded out. *Trager* Practitioners use bones as hand-holds to work with the tissue until the body lets go of tension and enjoys the new-found feeling. This is followed with simple self-care moves that can be done by the client anytime to teach on-going body awareness and to improve established movement patterns.

Many *Trager* Practitioners offer a variety of programs and demonstrations designed just for businesses. Programs can be customized to teach employees self-care moves and give general pointers about freer movement in the workplace. Other programs involve short hands-on sessions, relaxing tense shoulders, neck and arms. Hands-on sessions are a great treat for office workers and can be performed while seated at a desk at break time.

discover effortless movement