

Physical Therapy made
gentle & effective...



Feldenkrais Method[®] & ATM Classes

Using the Feldenkrais Method[®], Jeanne Hills, PT, GCFP, specializes in helping chronic and complicated pain patients reach their full potential and reclaim control over their lives through the freedom and ease of movement most of us knew as children. The Feldenkrais Method[®] is an innovative way of learning to move again – focusing on simple, gentle and pain-free “movement explorations.”

The method was developed in the 1950s by Israeli physicist and biomechanical engineer Moshe Feldenkrais.

Jeanne is the only physical therapist in the Valley that has completed the 4-year degree to become a **Guild-**

Certified Feldenkrais Practitioner and uses **Functional Integration**[®] with every physical therapy patient.

Prices:

\$25 individual class
\$65 for 3 classes (\$21 ea.)
\$100 for 5 classes (\$20 ea.)

Awareness Through Movement[®] (ATM) classes

are verbally directed movement explorations based on developmental movements, ordinary functional activities, or abstract explorations of joint, muscular and postural relationships. The easy movements gradually evolve into greater

range and complexity. Emphasis is placed on not moving into discomfort, and afterward participants report feeling lighter and taller, with free and easy movement.

it's time to try something different

Jeanne Hills is in-network with BLUE CROSS, CIGNA, AETNA, OPTUM, UNITED, HUMANA, and MEDICARE.