

## Health Professionals Guide to *TRAGER*<sup>®</sup> Psychophysical Integration

*Trager* is an approach to psychophysical integration using light, gentle, non-intrusive movements to facilitate the release of deep seated physical and mental patterns, patterns such as those that develop through poor posture, injuries, emotional traumas, stresses of daily living and poor movement habits.

*Trager* is performed in two different modes. One mode, called table work, involves the client lying on a table and being guided through movements such as rocking, traction, compression, and taking joints through range of motion. The second mode is *Mentastics* exercises. This involves teaching the client to creatively explore self-care through movements initially taught to them and which later can be expanded upon on their own. Both modes facilitate lasting neuromuscular re-education, integration and effortlessness.

The following conditions have been successfully addressed by experienced practitioners of The *Trager* Approach: Musculoskeletal injuries, such as from athletics, motor vehicle, accidents, surgery, poor posture and musculoskeletal back pain: the secondary effects of spasm, rigidity, spasticity, and stiffness from neuromuscular disorders such as polio, cerebral palsy, Parkinson's disease, muscular dystrophy, rehabilitation after stroke and multiple sclerosis, conditions that have a stress component such as tension headaches and irritable bowel syndrome. It has also been useful in helping improve athletic performance in world class athletes in numerous sports and in the treatment of sexual and physical abuse to decrease pain and help the client become more comfortable in their body once again.

Contraindications to *Trager* include fresh injury such as torn muscles, ligaments, tendons and fractures. Relative contraindications include metastasis cancer and nerve impingements such as ruptured discs, with the exception of the patient being cleared by their physician and working with an experienced practitioner. Care must be taken when a client is on anticoagulation medication but in the absence of severe carotid artery disease, even neck movements are not necessarily contraindicated. Certain of the movements are contraindicated in pregnancy and pregnant women are recommended to work with a practitioner experienced in this area. Also, *Trager* is less likely to be effective when the client is not comfortable with this modality or if one is not interested in taking responsibility for their own health. This is problematic as the *Mentastics* exercises are very important to helping the person to maintain and improve their health on their own and between visits.

Practitioners are trained through a certification program of Trager International, represented by the **specific national associations. (National Association listed at [www.trager.com](http://www.trager.com))** Continuing education and yearly re-evaluation are required for recertification. *Trager* may be covered by insurance, including Medicare. It may be coded as CPT Code 97112, Neuromuscular Re-education.

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