

BodyWorkersWithoutBorders.org

Keep the Dream Alive in Sri Lanka



2006 Introduction of The Trager® Approach at Navajeevana Rehabilitation Center, Tangalle, Sri Lanka

Our Pilot Training Programs were a huge success and your support will help us continue our innovative work to provide cost effective and efficient alternative health care protocols to these communities.

We're grateful for the opportunity to serve this community and to work with the committed and enthusiastic staff members of Navajeevana Rehabilitation Center (www.eureka.lk/navajeevana) and the UK based physical therapy group Motivation. (www.motivation.org.uk)



Members of Navajeevana Rehabilitation Center, including founder Kumarini Wickram-suriya, and members of Motivation.org.uk attended the Trager® Workshops held in February and March of 2006.

Well received and successfully applied, The Trager® Approach quickly proved to be an effective adjunct therapy, enhancing the efficacy of treatment protocols for chronic spasticity, low back and neck pain, Cerebral Palsy, Hemiplegia and other injury and post traumatic stress related issues resulting from last year's tsunami. Therapists traveled from as far north as the Tamil Tiger dominated region of Jaffna to attend.

Studies on the efficacy of Trager® to treat acute psychophysical trauma associated with mine accidents are expected for 2007. In addition to requests for more Trager® trainings for both physical therapists and lay caregivers, next year we'll be fulfilling a special request to train the blind as part of Navajeevana's Vocational Services program.

Recently **BodyWorkers Without Borders** partnered with Real Medicine Foundation, a 501C registered non-profit organization committed to providing Whole Health services to disaster, post-war and poverty stricken areas around the world.

These services include physical, emotional, medical, economic and social support.



Through this partnership with Real Medicine, as part of their Whole Health Team, we now can accept tax deductible donations to fund our projects in Sri Lanka

To make your tax deductible donation and to learn more about Real Medicine's global initiatives please visit www.realmedicinefoundation.org When making your donation, **please specify that it is for Michael Lear's projects in Sri Lanka.** RMF will provide donors with a receipt for tax filing purposes.



Photos Courtesy of Real Medicine

Your donations are a critical part of the success and future development of these programs and make a tremendous contribution to the long term well being of these remote communities.

Thank you for your support.

Together with your support, we are making a difference.

BodyWorkersWithoutBorders.org

About Body Workers Without Borders.

In 2001, after having traveled extensively throughout South East Asia a few years prior, Michael Lear, a long time certified Trager® practitioner and tutor, committed himself to introducing The Trager® Approach into Cambodia to enhance treatment for children with polio and mine victims suffering from acute psycho-physical trauma. His visits in 1998 to some of the rehabilitation centers also ignited the idea to train lay caregivers to care for their “patient” because of their limited access to skilled therapists.



To facilitate this initial effort Lear began selling his photography. Pictured here as 5' x 8' banners in the zen garden at the 2003 Toronto Yoga Show, the images were well received by the international yoga community.

In January 2005 he revisited Cambodia rehabilitation centers to assess their needs, however as a result of the Tsunami, he decided to visit Sri Lanka, whose needs at the time were more urgent. It was during his investigative trip in March of 2005 that he met with Navajeevana's Founder and promised to return to initiate his pilot program there. Cambodia however does remain headline intent for future programs



Providing instruction in progressive therapies to physical therapists in these regions will have a substantial impact on the quality of rehabilitative care available to local communities.

Extending this instruction to lay caregivers will empower them to participate more fully in the care process and may lessen the demand on main rehabilitation centers often inundated when disaster strikes.

The Difference You Can Make.

Your donation makes you part of an innovative movement to bring proven, alternative and complimentary therapies to remote regions to enhance treatment protocols of various kinds. In addition, your donations will aid in the development of an administrative infrastructure to help expand our reach to bring more modalities and trainings to areas in need.



We're proud to be part Real Medicine Foundation to help support their commitment to serving the global community. In addition to providing relief to communities in New Orleans and homeless children in Los Angeles, Real Medicine extends its services beyond our borders and maintains initiatives in Pakistan, Indonesia, Sri Lanka, and Africa. Their immediate response to areas affected by recent natural disasters is an inspiration.



We thank you for your trust and your support of our programs to serve Sri Lankan communities and to develop and implement these progressive protocols that “teach the teachers” and optimize our presence in these remote areas. Photos Courtesy of Real Medicine

If you have any questions about our programs, please Contact: Michael Lear at michael@realmedicinefoundation.org or 484.542.0249

Soon the www.bodyworkerswithoutborders.org site will be posted with more information about our initiatives, educational programs, how to become a member and how to purchase Michael's photography.



With your tax deductible donation we can create more success stories like that of Mr. Tissera's friend with Cerebral Palsy. Not only did the Trager® Approach improve the efficacy of his regular treatments, but his father was instructed on simple techniques to help his condition in between visits to Navajeevana Rehabilitation Center.

Please visit www.realmedicinefoundation.org to make your donation for Michael Lear's projects in Sri Lanka and become part of this progressive movement.

Together with your support, we are making a difference.

The Trager® Approach



Developed over 70 years ago by Dr. Milton Trager for the treatment of polio and sciatica, The Trager® Approach remains an innovative approach to movement education and self care which facilitates lasting neuromuscular change without setting up burnout or injury for the therapist.

The Trager® Approach utilizes gentle touch and rhythmic movements to cultivate a state of deep relaxation to release muscle holding patterns residing in the unconscious mind that often manifest as functional limitation, or pain. The rhythmic movements also introduce a new feeling state from which the patient can recall and experience the associated muscular changes.



The effects of this work are cumulative and, through a series of sessions over time, can lead to increased self reliance which may reduce the frequency of visits and free up valuable resources at rehabilitation centers.

Our programs are designed to impart the fundamental and most adaptive and effective principles of the technique, which integrate easily into existing physical therapy mobilization and treatment protocols. The two-day Introductory Workshop, satisfies the Category A Continuing Education Unit requirements for the US based National Certification Board of Therapeutic Massage and Bodywork. 12-16 CEU's are awarded by the United States Trager® Association to workshop participants.



Trager® becomes a popular adjunct among therapists.

In addition to learning new treatment protocols, participants learned Mentastics® self care movements, to maintain their own well being and comfort while they work.

The efficacy of any treatment is largely influenced by the well being of the therapist. In demanding environments such as these in remote areas, having the ability to stay relaxed, comfortable and focused is essential to administering the best possible care and treatment to patients.

Workshop Feedback



Erandika: Before I never keep connect, contact with other person through a touching and with my mind. I can't tell really what part I got but I know now whole part of Trager, we can give relax and informations well with peace.

Samantha: ...I could understand how to relax muscle...I could understand how much I should have to soft when I deal with someone, connect. We are very happy to inform u about our Tragar sestion because now we are using it among each other. Now it has become a very famouse thing during our lunch oher (hour).

Lakmal: I love this technic. I think it changed my activities so I am thankful....

Mr. Tissera; "the performance of rhythmical movements using the body, to achieve relaxation using a minimum of energy with softness is very important."



Here, Navajeevana lead physical therapist Mr. Venkatakanan practices his lumbar mobilization technique on his Motivation.org colleague Sam while incorporating The Trager® Approach principles..



Dear Michael,
I am fine and how are you? Really I had a nice time with you on that workshop. I have started applying Tragger to a Hemiplegic patient who has had extensive spam in both upper and lower limb. He used to come to physio once in a week but after I started giving him Tragger along with regular physio he feels much better and the spasm is relieving

nicely. I haven't had a chance to use it with the amputees. But I am planning to use Tragger to all who I feel it's really needed and I will give you more feed back. Sure it is a useful technique which I ever learnt. Have a nice time
Regards

Arun