

LEARNING HOW TO MOVE MORE HEALTHILY

Cesar therapy and Mensendieck therapy Treating and preventing complaints

More and more people suffering from physical complaints are finding their way to the 2000 Cesar and Mensendieck therapists practising in the Netherlands. Cesar/Mensendieck therapy is a paramedical method of treatment, aimed at relieving and preventing complaints that are the result of an incorrect posture and pattern of movement, whether or not caused by a specific abnormality or illness. Experiences of clients, as well as various studies, show that extremely good results can be achieved through Cesar/Mensendieck therapy.

What does a Cesar or Mensendieck therapist do?

A Cesar or Mensendieck therapist will make you aware of your posture and your way of moving, and how this is related to your complaints. You will also receive insights into how your body responds to pain, (over)load, and tension. Together with your therapist, you will seek out the cause of your complaints. Your therapist will supervise you and train you in adopting a healthier posture. You will become aware of negative habits and learn how to break them.

Therapy is given in the treatment room of the therapist and – if necessary – at the patient's home. Each individual treatment session lasts 35 minutes. Some therapists also offer group treatment or group lessons, for example, for pregnant women, for the elderly, or for patients with specific conditions such as rheumatism or Parkinson's disease. The children's therapist is specialized in the treatment of children. Additionally, there are therapists who work particularly with patients with psychosomatic complaints. And some Cesar or Mensendieck therapists can also be found in commercial companies, hospitals, rehabilitation centres, nursing homes, and homes for the elderly.

Individual attention

Your therapist will supervise you in restoring the balance between tension and relaxation, and your body's condition will be restored. You will discover how you can improve your posture and the way you move. This way, you learn how to deal with your complaints yourself, and how you can prevent your complaints from returning.

The therapist tunes the treatment to your own personal situation. This means that you will be able to apply the exercises and advice you receive with regard to your movements in your daily life. Your working environment, your home situation and your hobbies and sports will all be taken into account. By applying the advice of your therapist, you will learn to move more healthily. This way, you can function optimally again in your daily activities.

Indications

- Neck, shoulder, back and hip complaints, and others that result from them such as tension headaches
- Work-related complaints
- Abnormalities or deviations in posture and movement
- Breathing difficulties, for example COPD and hyperventilation
- Neurological conditions, such as hernia and sciatica, Parkinson's disease and MS
- Orthopaedic conditions, such as arthrosis, osteoporosis, Scheuermann's disease, scoliosis
- Rheumatic conditions, such as rheumatoid arthritis, Bechterew's disease
- Delayed motor development in children
- Rehabilitation
- RSI
- Pelvic complaints

- Whiplash
- Incontinence

Cesar therapy and Mensendieck therapy are accredited paramedical treatment methods. Study your health insurance policy for information on rebates and cover you may be eligible for. Your GP, medical specialist or company doctor can refer you to a Cesar or Mensendieck therapist.

Addresses

Do you want to look for a Cesar/Mensendieck therapist yourself, preferably one in your area? Then go to www.oefentherapeut.nl and click on 'Praktijkzoeker', or contact the professional association, VvOCM, in Utrecht.

You can find addresses of Cesar/Mensendieck therapists in the Goudengids (Yellow Pages) under Cesar, Mensendieck or Oefentherapeut.