



WHY DO THEY SAY WE USE SO LITTLE OF OUR BRAINS? TRY THIS INTERESTING EXPERIMENT!

Take a moment and interlace your fingers. One thumb is on top, and all the other fingers follow... put them together until they're completely "folded." Notice that all seems as usual. Now, just take them apart and interlace them the *other* way, with the *other* thumb on top, and all the fingers changing over. Do you notice that this just doesn't *feel like you*? Most people say they would never pick this "non-habitual way" of interlacing their fingers.

It's not just interlacing your fingers that's like this... crossing your legs, crossing your arms, stepping up onto a curb, deciding how you want to lift a package... everything we do, in fact, has a component of what *could* be choice — *but isn't*, because of our **habits**.

This predilection to do everything *according to the way we already do it* creates a 50% loss of potential movements from the start. So, this is where we start physical therapy care with our patients; to help them realize what they do without knowing it interferes with what they *want* to do and stops their recovery from painful circumstances.

The **Feldenkrais Method** amplifies the effect of the **physical therapy** we offer by helping people **pay attention** to what they do and provide them with movement options to reach their **potential**.