

Cesar/Mensendieck practice therapy

Someone who uses his body wrongly or overloads it, runs a highly increased risk of complaints of the locomotion apparatus. Practice therapy can then bring relief.

Cesar/Mensendieck practice therapy is a paramedical treatment method specialised in posture and movement. Practice therapists concentrate on improving the individual posture and movement habits. To this end the client and his own possibilities are the central points.

Why choose for Cesar/Mensendieck practice therapy?

What determines whether Cesar/Mensendieck practice therapy is the appropriate form of treatment? It is of the utmost importance for clients, referrers and health insurers that if they choose for Cesar/Mensendieck practice therapy that they choose the right treatment. After all, it concerns the client's health. With a number of complaints and disorders the choice is not difficult because the value of Cesar/Mensendieck practice therapy for clients who have these complaints has been proven¹⁾.

But it is not always that simple. In order to make a well-considered opinion possible in all cases we will summarise the added value of Cesar/Mensendieck practice therapy. Below you can find the most important characteristics by which Cesar/Mensendieck practice therapy distinguishes itself from other forms of care.

- 1. Cesar/Mensendieck practice therapy requires an active attitude of the client**
Cesar/Mensendieck practice therapy in fact boils down to 'coaching' the client. The exercises which the client gets offered by the practice therapist make up the tools so to speak with which he himself can get to work. In order for Cesar/Mensendieck practice therapy to be successful it is therefore of overriding importance that the client participates actively in the treatment and is prepared and able to teach himself new, healthy movement behaviour.
- 2. Cesar/Mensendieck practice therapy concentrates on the entire body**
Irrespective of the complaint or disorder, Cesar/Mensendieck practice therapy concentrates on the entire body and not on that part of the body where the complaint manifests itself. The cause of the complaint is traced by looking at the connection between complaint, posture and movement habits. The client gets an individual treatment plan which he uses to work on permanent improvement of his total posture and movement pattern. Resulting in: remedying the existing complaints and preventing future complaints.
- 3. Cesar/Mensendieck practice therapy makes the client self-reliant**
The Cesar/Mensendieck practice therapist draws up a personal and custom-made exercise plan for every client. On the basis of that plan the practice therapist practices systematically and goal-oriented with the client. Step by step the client learns to see the connection between complaint and posture and discovers the cause of his problems. The final effect of Cesar/Mensendieck practice therapy is (obviously) not in all cases that the cause of the complaint disappears. But that the client does know what is going on with him and that he has learned how to deal with it himself. Cesar/Mensendieck practice therapy makes the client self-reliant: if the complaints do come back or get worse, the client can remedy these himself and he does not have to call in help again.
- 4. Cesar/Mensendieck practice therapy is cost-saving**
Cesar/Mensendieck practice therapy makes clients aware of their own bodies and ensures that after the treatment they possess the knowledge and skills necessary to remedy their complaints themselves from then on. Because of this, clients will not easily end up in the treatment circuit again after Cesar/Mensendieck practice therapy. Cesar/Mensendieck practice therapy therefore has an important function in preventing (new) complaints. This will significantly save on costs, especially in the long term.

1) Cesar/Mensendieck practice therapy has been proven effective for subacute and chronic lower back pains, claudicatio intermittens, arthrosis of the knee, cystic fibrosis and chronic obstructive pulmonary disease (COPD). In addition, there are indications that practice therapy is effective with patients who have had a stroke, patients who have Parkinson's disease, patients with Bechterew's disease and coxarthrosis (source: Oefentherapie. Report by the Health Council of the Netherlands, The Hague, 2003.

New products and attention areas

Both from a social point of view and within the territory of health care there is clearly an increasing interest in prevention. In addition to the question of how people can get healthy again, more and more attention is being paid to the question of how people can stay (as) healthy (as possible). How can it be prevented that certain health problems develop or grow worse, and how can people themselves contribute to that? The last few years the professional group of practice therapists Cesar/Mensendieck have concentrated on the development of an offer that meets these questions. This has resulted in a growing number of new products²⁾, notably regarding the attention areas: 1) prevention of disorders of the locomotion apparatus, 2) work reintegration and 3) preservation of quality of life.

1. Prevention of disorders of the locomotion apparatus

Various target groups run an increased risk of disorders of the locomotion apparatus. First of all these are the people who, because of their work or profession, are subject to heavily overloading their bodies and/or putting a one-sided burden on their bodies. More and more practice therapists - also called company practice therapists - are specialised in preventing work-related complaints.

Practice therapists will examine the workplace, measure and calculate the workload, advise on workplace adjustments, together with the employee look for solutions for bottle necks in the work situation and provide custom-made training programmes at the workplace. Other target groups, like the elderly, pregnant women, musicians and children are also physically vulnerable. Treatment plans have been developed for all these target groups in which the emphasis also lies on prevention. These plans, in which one can participate either individually or in a group, have been explicitly tuned to the physical and mental condition of the participants in the context of their daily working or living environment.

2. Work reintegration

The high rate of absenteeism due to illness and the large amount of persons unfit for work are a financial burden to trade and industry as well as to the entire Dutch society. Because of that, work reintegration is a fast growing attention area. Understanding that work reintegration and curtailing absenteeism do not profit from treatment of the symptoms and adjustments to the workplace alone, we notice an increasing demand from businesses and institutions for the expertise of company practice therapists in the field of work-related complaints.

The practice therapist makes an important contribution to the execution of the working conditions policy and supports, as an expert par excellence in the field of posture and movement, the reintegration process.

3. Preservation of quality of life

Full recovery of functions is not in store for everybody. Many people just have to deal with limitations - either congenital or otherwise - that cannot be remedied and which they have to learn to live with. This applies especially to clients with a chronic illness. That is why with the Cesar/Mensendieck practice therapy which is developed for the chronically ill one thing is at the foreground: preservation of quality of life. By now there are treatment plans for various categories of patients. The object of the treatment is that the client learns to cope with his limitations as best as he can. During an exercise programme the client learns how he can make sure that the complaints which develop from his disorder, diminish and in any case not become worse unnecessarily.

In short

Cesar/Mensendieck practice therapy is a profession of its own with a specific added value.

- Puts the client at the centre
- Makes people self-reliant
- Is specialised in certain complaints
- Is strong in prevention and work reintegration
- Has treatment plans for the chronically ill
- Has been proven to be effective
- Is cost-saving

2) Special flyers about these products can be obtained from the secretariat of the VvOCM.