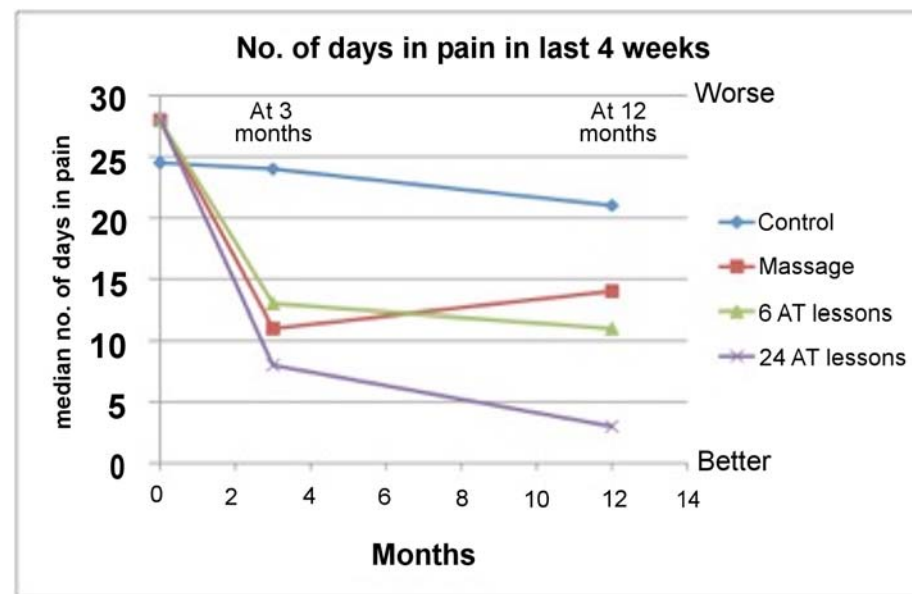


## RANDOMISED CONTROLLED TRIAL OF ALEXANDER TECHNIQUE LESSONS, EXERCISE, AND MASSAGE (ATEAM) FOR CHRONIC AND RECURRENT BACK PAIN

A study published in the **British Medical Journal (BMJ)** on 19 August 2008

Full study is online at: [http://www.bmj.com/cgi/content/full/337/aug19\\_2/a884](http://www.bmj.com/cgi/content/full/337/aug19_2/a884) Cited as: *BMJ* 2008;337:a884

### Addendum Graphs



### Participation details for each group in the study:

- Control group** 1 session each week for 6 weeks.
- Massage** 1 session each week for 6 weeks.
- 6 AT lessons** 2 lessons a week for 2 weeks, then 1 lesson a week for 2 weeks (*4 weeks of lessons*).
- 24 AT lessons** 2 a week for 6 weeks, 1 a week for 6 weeks, 1 fortnightly for 8 weeks, and 1 revision lesson at 7 months and 1 at 9 months (*20 weeks of lessons plus 2 revision lessons*)

### Important things to Note:

1. The graphs above are from data collected at 3 months and 12 months, even though the various interventions took place at varying rates during the following periods: over a span of 4 weeks (for the 6 AT lessons), over a span of 6 weeks (for the 6 massage sessions), and over a span of 5 months (for the 24 AT lessons)
2. Those who had the AT lessons continued to improve over the course of the study long after they ceased having lessons.