



## **A Dramatic Cure for Back Pain**

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### **ABSTRACT**

Back and neck problems are among the most common reasons Americans see a doctor, according to a 2008 study published in the Journal of the American Medical Association. Now it looks as though a therapy popular with actors and musicians might help patients with back problems. Alexander Technique was originally developed in the late 1800s by actor Frederick M. Alexander can be a cure. This article summarizes the work of Little, *et al* in the British Medical Journal (BMJ 2008;337:a884 doi:10.1136/bmj.a884)