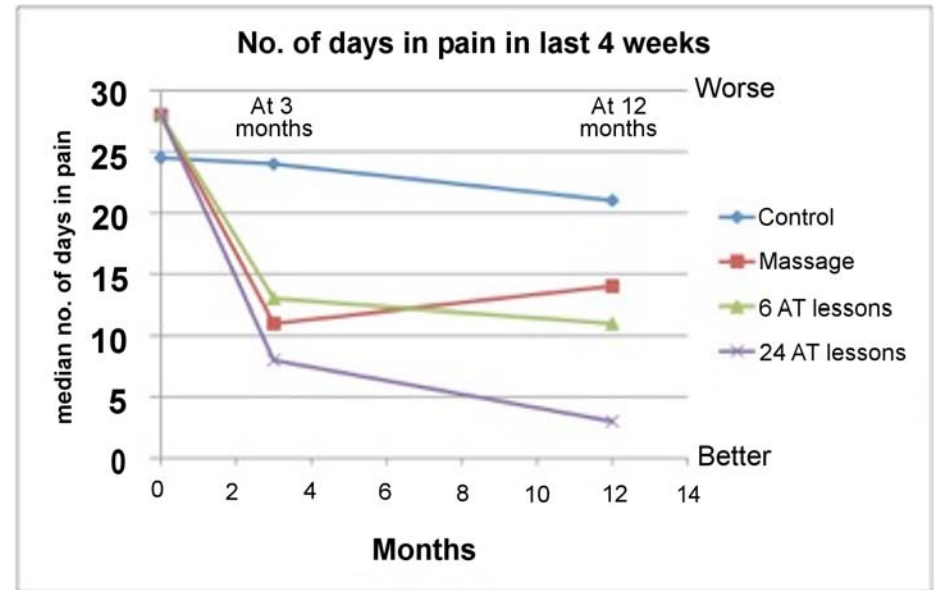


# RANDOMISED CONTROLLED TRIAL OF ALEXANDER TECHNIQUE LESSONS, EXERCISE, AND MASSAGE (ATEAM) FOR CHRONIC AND RECURRENT BACK PAIN

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:

<b>Control group</b>	1 session each week for 6 weeks.
<b>Massage</b>	1 session each week for 6 weeks.
<b>6 AT lessons</b>	2 lessons a week for 2 weeks, then 1 lesson a week for 2 weeks ( <i>4 weeks of lessons</i> ).
<b>24 AT lessons</b>	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 ( <i>20 weeks of lessons plus 2 revision lessons</i> )

## 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.