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Living every moment at

**Trinity Hospice - the Lebed Method of Movement and Dance:
Improving quality of life in palliative care**

The Lebed Method is an innovative exercise and movement class which was designed in 1979 for breast cancer patients by a dancer, medical doctor and a surgeon with a view not only to improve mobility, range of motion and a reduction in swelling but also to provide a psycho-social component. Music is a key element of the method, facilitating self expression and introducing an aspect of fun. Published studies have shown that the Lebed Method improves quality of life as well as physical well-being.

Survivorship

The Lebed Method has been used as part of the out patient service since February 2006 with a wide range of participants, ages, nationality, background, gender and health conditions. Palliative patients come from their homes for a weekly class as described. Key points that have been identified through informal discussion and observation; improved balance and flexibility, increased confidence. Depressive patients had a more positive attitude, music encouraged laughter and a sense of wellbeing and friendship. The use of props allows a freedom to 'let go'. Patients comments; Woman late 70's, "Lebed has kept me independent, I can still get in and out of my bath at home" This lady attended the class until 2 weeks before she died. " Two left feet and you can do Lebed" " My breathing has improved, I feel more in control" . Even when at end stage, patients have been asking about the class, the participants and what we are doing – it has a strong impact in a very positive way - socially, physically and psychologically. A small study with MS patients in the USA 2007/8 showed similar areas of improvement. It identified improvement in perception of ability to improve health and improve strength and identified improved mobility around the house. This perception identifies the ability to feel more confident and stronger emotionally to deal with day to day issues outside of the class.

Lymphatic Opening

This sequence of movements is always done at the start of the class at same speed and in the same way every time it must never be changed if to have optimum effect. The sequence emulates the manual lymphatic drainage sequence of Vodder. All movements are slow, smooth and with a slight resistance. The music we use can vary.

Key Elements

1. Breathing with use of bubbles

2. Head and Neck Movement

MISSION STATEMENT



Lymphatic opening
Stretch, move, dance.
Physical and
psychological
components. Music and
props.



3. Shoulder Movement

4. Contractions, to stimulate the thoracic



THE LEBED METHOD, Focus on Healing through Movement and Dance, is committed to improving the physical and emotional well-being of breast cancer survivors, those with Lymphoedema, as well all cancers and chronic illnesses in both adults and children. Our goal is to elevate quality of life through therapeutic dance and movement, healing body, mind and spirit.

5. Side Contractions, opening the axillar and stretching the skin

6. Breathing Exercises deep breaths to the thorax

7. Torso lengthening Port de Bras The use of ballet derived movements



8. Large arm circles, across the body and also forward and back

9. High Marching, opening the inguinal glands, improving balance and confidence the chair is always available for balance

10. Further Head and Neck exercises complete the cycle



Psychological Benefits

The Lebed Method uses laughter as a therapeutic tool. Props are used to make exercise more interesting and also to incorporate an element of fun to a class. Clients will find they are enjoying movement in a way they haven't since they were very young-or perhaps never. An element of simple dance steps makes you feel like dancing. A male client who had never danced in his life commented "you can do Lebed even with 2 left feet".



The water breaks are an opportunity not only to rest and rehydrate, but a time to share experience and to make new friends.

Physical Benefits

Lebed Method assists with many chronic conditions that affect a cross section of our clients. Many health conditions affect balance, range of movement, restricted movement in upper body and limbs. These carefully structured movements taken from jazz dance, ballet and physiotherapy are put to music, but remain therapeutic. The programme is developed in conjunction with medical doctors and surgeons.

Trinity Hospice Classes

The Lebed Method was developed for breast cancer and later included a new element – The Lymphatic Opening, following Vodder to address issues of lymphoedema, post trauma and surgery. At Trinity we recognise the benefits to this special patient group and have developed a policy to allow non palliative patients within our catchment area to benefit from the classes. Initially we ran separate 6 week groups, it identified that all patients benefited from shared information and friendship and separating the groups was not necessary.

Who Can teach TLM ?

The Lebed Method is taught by qualified and certified Lebed Method Instructors (CLM). They come from many professions including nursing, breast cancer specialists, lymphoedema nurses, physiotherapists, yoga teachers, MLD practitioners, and complementary therapists. All CLM's are required to renew their membership annually having completed 10 hrs continued professional development in a related field. This renewal is mandatory to remain on the register of instructors'. www.lebedmethod.com. This register ensures CLM's have received the current information in respect of safety, class practice and any changes to the programme, which is overseen by a medical doctor. Trinity Hospice has been the London training centre during the past 12 months with attendees from the United Kingdom and Ireland. Lebed method training is given by Julia Williams CLMTA, who completed her instructor training qualification with Sherry Lebed Davis with the support of Trinity Hospice.

Published Papers: Dance and Movement Program Improves Quality-of-Life Measures in Breast Cancer Survivors; S. Sandel, Cancer Nursing, Vol. 28, No. 4, 2005 301
Physical Therapy and Dance in the Surgical Management of Breast Cancer; A Clinical Report; J. Molinaro, M. Kleinfeld & Sherry Lebed. Journal of the American Physical Therapy Association Vol. 64/5/ May 1984

