

### Multiple Sclerosis & Muscular Dystrophy

- [Multiple Sclerosis - The \*Trager\* Approach](#)

[Alternative Therapies and Multiple Sclerosis](#) \* (.pdf)

- [Multiple Sclerosis article "Wake Up Your Feet" Ilene Watrous](#) (PDF)

[Trager Applied to Muscular Dystrophy](#)

### **Trager Articles about Parkinsons**

- [Unique Approach Helps Gait in Parkinsons](#) \* (.pdf)
- [Trager and Rigidity with Parkinson's Disease](#) \* (228k .pdf)