



How Did The Lebed Method, Focus on Healing Begin in 1980?

The Lebed Method, Focus on Healing is a therapeutic exercise and movement program originally established for those with breast cancer to help regain and maintain range of motion, balance, both physically. It was developed by Sherry Lebed Davis, a movement specialist and by Dr. Marc Lebed and Dr. Joel Lebed in 1980 and was first introduced at Albert Einstein Medical Center in Philadelphia Pennsylvania.

The Lebed Method was one of the first hospital based programs of its kind and is one of the first medically published programs of its kind in the United States.

In 1999, The Lebed Method introduced exercises to the program that would help open the lymphatic system, helping to reduce swelling caused by Lymphedema. Since that introduction the program has benefited those with breast cancer, any type of cancer or chronic illness including upper and lower Lymphedema.

In March of 2005 The Lebed Method results were released from a medical study conducted at two Medical Centers in Connecticut using The Lebed Method in treatment of breast cancer survivors. The results showed that this program substantially improved breast cancer specific quality of life measurements .

The Lebed Method expanded to help children when approached by Gilda's Club in Seattle Washington to help the children in the club with cancer and children of parents who have cancer. From this experience, The Lebed Method founders developed Lebed Method Creative Rhythms for Children. This program helps children both physically and emotionally and is now being used in several major hospitals across the United States.

For more information about The Lebed Method and any of its programs or to talk about how we can help your specific child, please contact us at The Lebed Method. 14418 47th Place West, Lynnwood, WA 98087, Phone-1-877-365-6014 info@lebedmethod.com. We look forward to hearing from you.

*The Lebed
Method*

14418 47th Place West,
Lynnwood, WA 98087



Creative Rhythms, The Lebed Method©,

For Children

*With Cancer, Lymphedema And Other
Chronic Illness*





Creative Rhythms by The Lebed Method, For Children With Cancer, Lymphedema and other chronic Illness

Exercising and confidence building is often postponed when children are ill from surgery, cancer treatment and chronic illness. These illnesses can cause these children to miss out on activities that other children participate in. They may receive one-on-one therapy but it isn't the same as child participation with other children.

The Lebed Method exercise program can help these overburdened children retain muscle mass, move their lymphatic fluids, help circulation, decrease fatigue and depression, and re-discover laughter and fun.

The Lebed Method allows the children to be part of a group physical activity where no one will criticize or judge them. Each child participates at their own pace with stops and rests, and begin to forget their differences and feel confident with their new found abilities.

In one of our Creative Rhythm classes, a parent dropped a child off straight from his chemotherapy treatment as he didn't want to miss the class. We were advised, the child may be fatigued and to appreciate his quiet time. This child smiled, laughed and joined in the entire class, not wanting to stop and rest.

He was having the 'time of his life' enjoying moving, the music, his friends, and feeling 'not sick', even though we requested many times for him to sit and rest. The best thing for him, he said was to be part of the class.

The Lebed Method child participants sit and rest when tired or fatigued and then join in when they can", says Sherry Lebed Davis,



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President of the Lebed Method. "We want them to have the freedom they have never had in a group.

We want them to do what they really want to do, rest, join in, talk, blow bubbles, play an instrument, wear a costume, sit with a friend and rock, clap and sing to the music, be part of a group activity that helps them body, mind and soul".

Cancer, chronic illness and lymphedema with children, can cause them to miss out on activities that other children participate in. These children may receive one-on-one therapy but it isn't the same as child participation with other children.

Some of our instructors, CLMC, Certified Lebed Method Children Instructors, also work in -patient with children and even at their bed side. The program can be done, standing, sitting and lying down. No child is ever left out of Creative Rhythms. We make sure they can participate at their own level.

In a class of out-patient children, there was one child who was undergoing chemotherapy, on oxygen, and had her leg amputated. She was in our class and doing what ever she could do and having fun. When we got to the part of doing hula hoops, she went off to the side and looked very sad. One of the other children in the class approached her and held one hand while another child held the other and allowed her to hula hoop with only one leg while they held her arms and balanced her. What bonding, what a gift and no one looked or thought this was different or strange. All the children want each other to be happy, loved and participate with them in the group. Not only is this program physically beneficial but emotionally beneficial as well.

Please phone 1-877-365-6014 to locate the closest Lebed program. You can also find us at www.lebedmethod.com.