



Pain Free: A Revolutionary Method for Stopping Chronic Pain

By Pete Egoscue, Roger Gittines

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Starting today, you don't have to live in pain.

That is the revolutionary message of this breakthrough system for eliminating chronic pain without drugs, surgery, or expensive physical therapy. Developed by Pete Egoscue, a nationally renowned physiologist and sports injury consultant to some of today's top athletes, the Egoscue Method has an astounding 95 percent success rate. The key is a series of gentle exercises and carefully constructed stretches called E-cizes. Inside you'll find detailed photographs and step-by-step instructions for dozens of e-cizes specifically designed to provide quick and lasting relief of:

- Lower back pain, hip problems, sciatica, and bad knees
- Carpal tunnel syndrome and even some forms of arthritis
- Migraines and other headaches, stiff neck, fatigue, sinus problems, vertigo, and TMJ
- Shin splints, varicose veins, sprained or weak ankles, and many foot ailments
- Bursitis, tendinitis, and rotator cuff problems
- Plus special preventive programs for maintaining health through the entire body.

With this book in hand, you're on your way to regaining the greatest gift of all: a pain-free body! With the help of Pete Egoscue's revolutionary program of quick stretches and strength-building exercises, you can cure chronic pain, and do it naturally.

Pete Egoscue has shown thousands of individuals, corporations, schools, and championship sports teams how to eliminate pain without investing in expensive ergonomic devices or resorting to surgery or drug therapies. His groundbreaking book, with nearly 50,000 hardcover copies sold, shows readers how to:

- Relieve lower back pain
- Improve hip problems, sciatica, and bad knees
- Relieve migraines and other headaches, stiff neck, fatigue, sinus problems, vertigo, and TMJ

- Relieve painful problems, like carpal tunnel syndrome, often misdiagnosed as arthritis
- Prevent injuries and maintain health through stretching programs for the entire body

Filled with easy instructions, photos, and line illustrations throughout, this book will provide quick, effective pain relief.

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Editorial Review

Amazon.com Review

Pete Egoscue learned a lot about pain when, as a Marine officer, he was wounded in Vietnam. He segued from patient to physical therapist, and now runs a famous clinic in San Diego, where he claims he's helped 95 percent of his patients cure chronic pain—including Jack Nicklaus and Charles Barkley, whose athletic careers he helped prolong. At the heart of his program are stretches and motion exercises to restore proper function to muscles and joints. His methods are often surprising and counterintuitive. For example, for foot pain, he suggests a series of hip exercises. In fact, this is one of the most startling books you'll read about the human organism. Egoscue has strong opinions about how modern life is changing the way our bodies function, reducing the tasks we must perform and thus reducing the functional range of motion of our muscles and joints. Fortunately, he offers movement exercises to restore what nature meant us to have.

From Library Journal

A celebrity physiologist shares his pain-relief method.

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From Booklist

Modern life demands less and less movement and ranges of motion. According to these authors, "The less we know, the less we are capable of moving." Muscles that do not move lose strength and function, often leading to improper motion and chronic musculoskeletal pain. Following three introductory chapters outlining key biomedical concepts, this well-written manual addresses the body from the ground up, devoting a chapter each to feet; ankles; knees; hips; back; shoulders; elbows, wrists, and hands; and neck and head. Targeting each problem or problem area are specific exercise protocols, illustrated with photographs and clear instructions. Line drawings and boxed key concepts reinforce the text. Two concluding chapters present helpful exercises for various sports, a protocol for overall conditioning, and suggestions for putting more motion in one's life. If it is true, as the authors claim, that an estimated 35 million Americans suffer from chronic musculoskeletal pain, this easy-to-use guide will help the interested layperson get up off the sofa, get moving in new ways, and fix the cause of pain. *Penny Spokes*

Users Review

From reader reviews:

Michael Chapman:

Now a day folks who Living in the era everywhere everything reachable by connect to the internet and the resources within it can be true or not involve people to be aware of each facts they get. How many people to be smart in receiving any information nowadays? Of course the solution is reading a book. Studying a book can help folks out of this uncertainty Information particularly this Pain Free: A Revolutionary Method for Stopping Chronic Pain book as this book offers you rich information and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it you know.

Brian Kelley:

Often the book Pain Free: A Revolutionary Method for Stopping Chronic Pain will bring someone to the new experience of reading the book. The author style to elucidate the idea is very unique. In the event you try to find new book you just read, this book very appropriate to you. The book Pain Free: A Revolutionary Method for Stopping Chronic Pain is much recommended to you to learn. You can also get the e-book from official web site, so you can easier to read the book.

Kyle Gill:

Pain Free: A Revolutionary Method for Stopping Chronic Pain can be one of your nice books that are good idea. Most of us recommend that straight away because this e-book has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to put every word into pleasure arrangement in writing Pain Free: A Revolutionary Method for Stopping Chronic Pain although doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource details that maybe you can be one of it. This great information may drawn you into brand new stage of crucial pondering.

Sherrill Height:

As a university student exactly feel bored to be able to reading. If their teacher asked them to go to the library or make summary for some book, they are complained. Just very little students that has reading's soul or real their leisure activity. They just do what the teacher want, like asked to the library. They go to presently there but nothing reading critically. Any students feel that studying is not important, boring and also can't see colorful pics on there. Yeah, it is to become complicated. Book is very important to suit your needs. As we know that on this age, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore this Pain Free: A Revolutionary Method for Stopping Chronic Pain can make you experience more interested to read.

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