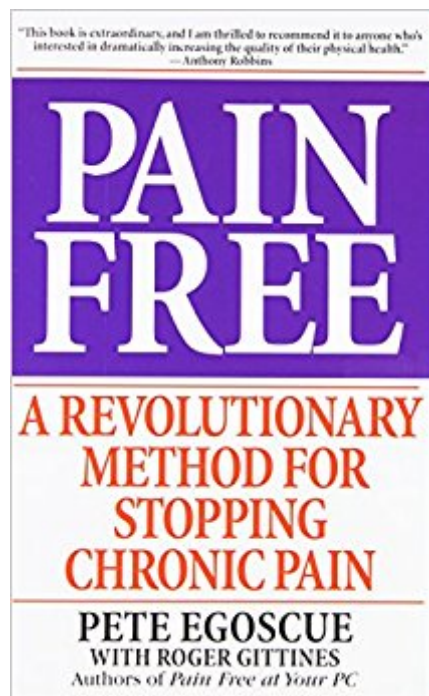




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Pain Free: A Revolutionary Method For Stopping Chronic Pain



Synopsis

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-cises. Inside you'll find detailed photographs and step-by-step instructions for dozens of e-cises 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.

Book Information

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Customer Reviews

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. --This text refers to an out of print or unavailable edition of this title.

A celebrity physiologist shares his pain-relief method. Copyright 1997 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

After having chronic knee pain for several years and recently developing hip, shoulder and back pain, I was looking for relief and conventional medical treatments were not helping. A friend recommended this book and I am so glad she did! Common sense informationthe world needs to know this!

As a chronic pain suffer for the last ten years or more this book has proven very helpful in my quest for opioid free pain relief. I Highly recommend this book.

I have been in chronic pain for several years from fibromyalgia, IBS, and spinal compressions. I went to a conference last week and saw a woman doing some funny exercises on the floor doing the break. I copied her, bought this book - I really don't spend much time - the feeling COMFORTABLE in my body is AMAZING. I am so grateful!

Not really sure what to say about this book. It didn't really help me and i felt it is written for persons who don't do any physical activity and are having pain for other reasons (this isn't me). Also the exercises / stretching require a lot of time and special equipment (that might be able to be cobbled together from stuff around the house).

Instant relief from sciatica pain that hasn't abated in ten days. I know this method will work for me, and plan to use it for troubled knees when I jog, and the sometimes recurrence of an old old whiplash injury. This is a miracle. Suggestion for the author: When I'm in Chapter 8, and it tells me to do an exercise, but refers me back to that exercise's description in Chapter 5 or 6, that's horribly inconvenient in an ebook. Please when you update this, include each exercise, in full, diagrams and all, in each location where it's called for. Or even include printable or downloadable charts for easy access. Also, I've been clicking the "Book Extras" link over and over, and keep getting an "Unexpected Error." Still, despite all of that, this one gets 5 stars.

Okay, I've spent thousands of dollars on physical therapy, prolotherapy, orthotics and even surgery on my ankle but nothing has helped as much as this book. The surgery was needed to remove bone spurs which helped but all the other measures did not, they simply masked the problem. The e-cises in this book address the cause of the pain which really work. I'm only a week into my e-cises but I already feel a huge difference. I had tenosyovitis (similar to tendonitis) in my ankle which would not go away after 18 months, it's already feeling better after this first week. My ankles are saved thanks to this book. All it takes is around 45 minutes a day and then you're feeling great. Like I said, I wish I found this book earlier! Best 8 bucks I ever spent. Plus it arrived really quick, too. 7 days to Australia. **BUY THIS BOOK NOW AND SAY GOODBYE TO PAIN.**

I tried out the exercises prior to actually finding an Egoscue Clinic. I had both of my knees replaced and ended up having a heart attack during my second knee replacement surgery, on Oct.22, 2012. For the last two years I have suffered with terrible leg cramping and muscle spasms. I have been to 4 different physical therapists, who focused only on my legs. I had server muscle atrophy in both of my legs. I race downhill skiing and was told genetics and skiing were the main cause of my knee pain. I was using a walker most of the time and used a cane when I could. I took the free class online and started doing the exercises in "Pain Free" book. After 2 weeks of doing the exercises in the book, I decided to find an Egoscue Clinic. I highly recommend finding a clinic, I no longer use a

walker or cane. I feel much better and some days are pain free.

Excellent! I would suggest this book and these excersises to anyone with pain issues anywhere in the body. Give it 30 days and don't give up.

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Surgery or Drugs

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