



Pain Free: A Revolutionary Method for Stopping Chronic Pain

By Pete Egoscue, Roger Gittines

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Pain Free: A Revolutionary Method for Stopping Chronic Pain By Pete Egoscue, Roger Gittines

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:

Sheila Cyr:

This Pain Free: A Revolutionary Method for Stopping Chronic Pain book is just not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is actually information inside this reserve incredible fresh, you will get info which is getting deeper a person read a lot of information you will get. This Pain Free: A Revolutionary Method for Stopping Chronic Pain without we recognize teach the one who examining it become critical in contemplating and analyzing. Don't possibly be worry Pain Free: A Revolutionary Method for Stopping Chronic Pain can bring whenever you are and not make your tote space or bookshelves' come to be full because you can have it in your lovely laptop even telephone. This Pain Free: A Revolutionary Method for Stopping Chronic Pain having great arrangement in word along with layout, so you will not experience uninterested in reading.

Jessica Keith:

People live in this new time of lifestyle always attempt to and must have the spare time or they will get great deal of stress from both everyday life and work. So , once we ask do people have free time, we will say absolutely sure. People is human not really a huge robot. Then we ask again, what kind of activity do you possess when the spare time coming to a person of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, the book you have read is actually Pain Free: A Revolutionary Method for Stopping Chronic Pain.

Lewis Wade:

Many people spending their time frame by playing outside with friends, fun activity with family or just watching TV the entire day. You can have new activity to pay your whole day by examining a book. Ugh, do you think reading a book can definitely hard because you have to take the book everywhere? It all right you can have the e-book, getting everywhere you want in your Cell phone. Like Pain Free: A Revolutionary Method for Stopping Chronic Pain which is keeping the e-book version. So , try out this book? Let's see.

Donna Dalessio:

That book can make you to feel relax. That book Pain Free: A Revolutionary Method for Stopping Chronic Pain was colorful and of course has pictures on there. As we know that book Pain Free: A Revolutionary Method for Stopping Chronic Pain has many kinds or variety. Start from kids until adolescents. For example Naruto or Private investigator Conan you can read and believe you are the character on there. So , not at all of book usually are make you bored, any it makes you feel happy, fun and rest. Try to choose the best book for yourself and try to like reading this.

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