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Egoscue Institute

Pete Egoscue, an anatomical physiologist since 1978, is the creator of the Egoscue Method for safe, effective, and permanent relief from chronic pain without prescription painkillers or invasive surgery.

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Egoscue Eliminate Pain with Postural Therapy Dr Axe

Egoscue is a postural therapy designed to eliminate chronic pain without drugs or surgery. Founded by Pete Egoscue in 1978, the Egoscue Method focuses on a series of gentle stretches and exercises to correct misalignments in the musculoskeletal system of the body.

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EGOSCUE CLINIC PAIN POSTURE STRETCHES 1 Standing Arm

This is a basic introduction to the Egoscue (egg ahs cue) stretches. You can find more in Dr. You can find more in Dr. Egoscue s book, Pain Free or visit www.egoscue.com for additional options.

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Is Egoscue the Cure for Chronic Pain My FiveFingers

Egoscue is, according to their official website: A unique and very effective program designed to treat musculoskeletal pain without drugs, surgery, or manipulation. Egoscue is a process which involves a series of stretches and gentle egoscuecises (e-cises) designed specifically for each client.

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