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# Pain Free: A Revolutionary Method for Stopping Chronic Pain

By Pete Egoscue

Random House USA Inc, United States, 2000. Paperback. Book Condition: New. Reprint. 226 x 150 mm. Language: English . Brand New Book. 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! the help of Pete...



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