

# BECOME PAIN FREE AT PAIN FREE PERFORMANCE

**P**AIN IS A LITTLE A CAR ALARM. Tamper with the car and an alarm screams out, bringing the owner of the automobile quickly to the scene in order to protect the vehicle. Pain in the musculoskeletal system is the body's way of saying something's wrong here. Too bad people don't respond to the warning signs of their bodies in the same way they react to a car alarm.

A chronic disease called "civilization" is responsible for much of the pain endured today. According to Pete Egoscue, author of Pain Free, and a nationally renowned physiologist and sports injury consultant, the body is a moving machine. It is designed to move from the earliest days in the womb. When it stops moving, it deteriorates.

A hundred years ago, people moved continuously. Men tilled the soil or worked actively in the trades. Women did laundry by hand, scrubbed floors and were moving from dawn till dusk and beyond. Today, many people sit for hours on end in a cubicle or at a desk with a computer lurking in front. Or they ride in an automobile and travel the countryside to call on clients. Secretaries type, lawyers read, and garages and televisions are operated with

remote controls.

As a result, unused muscles, joints, ligaments and other body parts lose their ability to function properly. The body gets out of alignment and pain is the result. People say, "I have joint disease" or "This is the way I was made". At Pain Free Performance, owners and therapists Cindy Meyers and Susy Russell say it doesn't have to be this way.

"We use the Egoscue Method to eliminate chronic pain and restore alignment in the body without the use of drugs or surgery," said Susy Russell, a certified Postural Alignment Specialist from Egoscue University.

But what does body alignment have to do with pain?

Again, the automobile is a prime example. If the axles and wheels of a car are in alignment, the result is a smooth ride, efficient performance and long lasting tires. But let the car get even slightly out of alignment, the vehicles pull to the side and the treads wear away quickly. If a car was a human body, it would signal alignment trouble through pain.

"Through the Egoscue Method, we do a detailed analysis of your particular body

alignment by a certified postural therapist. A program is then designed and tailored for each individual through a series of simple realigning exercises designed to return the musculoskeletal system back to the position and posture it was designed for," explained Cindy Meyers from the Pain Free office at 3054 C Berkmar Drive.

In every body, the head sits evenly between the shoulders, hips are level with the shoulders, and hip, knee and ankle joints are vertically aligned. Any variation to the norm results in one muscle, nerve or ligament pulling more than its own load and the result is pain.

Modern medicine is reactive rather than proactive in treating pain. Painkillers, muscle relaxers, anti-inflammatory drugs, or invasive surgery is applied. Unfortunately, none of these applications do anything to address the original problem: poor alignment.

Pete Egoscue once treated Jack Nicklaus for back pain. Nicklaus was preparing to withdraw from a tournament before Egoscue treated Nicklaus and returned him to the course.

Said Nicklaus, "Pete Egoscue totally changed my life. Never have I experienced such complete pain relief as I have following the Egoscue Method."

The cost to be pain free at Pain Free Performance is certainly reasonable.

"We charge \$150 for the 2-hour initial consultation and analysis," Cindy said. "The follow up treatment is \$100. Visits occur every two weeks,"

Susy and Cindy have worked with athletes at UVA as well as with MD's, housewives and people of all ages and descriptions. The results? With the Egoscue Method, the success rate is an astounding 95%. And best of all, once the body is restored to health, there is no need for continuous treatment or visits to a doctor.

"With Egoscue, you are not dependent on others to be pain free," Susy stated.

To find out you can take charge of your own health and eliminate pain without drugs or invasive surgery more, call 434-296-0600 or e-mail at [PainFree@PainFreePerformance.org](mailto:PainFree@PainFreePerformance.org). For more information, visit [www.egoscue.com](http://www.egoscue.com).



Susy Russell (left) and Cindy Meyers can make your pain a thing of the past at Pain Free Performance.