

# ELIMINATE PAIN WITH PAIN FREE PERFORMANCE

Chronic pain can permeate every aspect of one's life...causing the inability to perform routine daily activities like walking, lifting, sitting, standing; disrupting sleep, decreasing appetite, increasing needed time off work, raising stress levels and irritability – nothing in life is the same anymore. After “trying everything” many people feel they must just live with the pain. Is this you?

Perhaps it was an accident or a fall or you bent over to pick a flower – whatever the event surrounding your pain, the practitioners at Pain Free Performance understand the body's response - misalignment. Cindy Meyers, PTA/PAS and Susy Russell, MSPT/PAS, co- owners of the practice, along with Ashleigh Quick, MSEd/PAS, have made it their life's work to relieve pain. Practicing the Egoscue Method of pain management, they are all three Certified Postural Alignment Specialists through the Egoscue University in San Diego.

Cindy Meyers and Susy Russell both have over 20 years experience in physical therapy. Ashleigh has worked as a personal trainer with a concentration in cardiac rehab.

Often the point of pain is not the source. This is why some traditional approaches to pain management can fall short of alleviating the pain for the long term. Cindy Meyers explains, “When an automobile is out of alignment, it doesn't experience pain, but the car rides rough. Things rattle around and the tires wear out. You can buy new tires - it fixes one problem for the short term - however the new tires will soon wear out without aligning the car.”

Cindy goes on to say “When our body is out of alignment, the result is pain. The muscles

and skeletal systems overcompensate for the improper alignment, and pain ensues. Pain, in fact, is the body's way of crying out for help – something is very wrong.” While treating the point of pain might give temporary relief, unless the body is realigned, it will always return to pain.

Utilizing the Egoscue method, the therapists at Pain Free Performance study each person's posture, analyze gait and perform functional tests to discover the source of the pain. Based on these findings a menu of e-cises is designed for that individual to align their body.

With proper alignment, pain is eliminated and, clients take with them the tools to treat themselves. Susy Russell explains, “With Egoscue, you are not dependent on others to continue to be pain free!”

The team at Pain Free Performance treats

clients with pain in their hips, upper and lower back, wrist, elbows, and neck – you name it!

They also treat clients of all ages and activity levels from young athletes to creaky baby boomers with old sports injuries to the young-at-heart crowd who raised the boomers! With the Egoscue method, the success rate is an astounding 95% for everyone! And, best of all, once the body is restored to health, there is no need for continuous treatment or visits to the doctor.

Until November 15, Pain Free Performance is offering a free postural screening for those with pain. This is a great introduction to the practice and the treatment. You may call for an appointment or to speak with a therapist at 434-296-0600. For more information visit the website at [www.PainFreePerformance.com](http://www.PainFreePerformance.com) or visit [www.egoscue.com](http://www.egoscue.com).



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