

# LIVE PAIN FREE. DISCOVER EGOSCUE.

Pain is like a fire alarm. It wakes you up and alerts you that something is wrong. Pain is the body's way of sending you the message that you must stop and pay attention. Unfortunately, most people look for a quick fix with drugs or surgery. They treat the symptoms and never get to the underlying source of the problem.

Think of your body like a car. If the axles and wheels of a car are in alignment, the result is efficient performance and long lasting tires. Let the car get even slightly out of alignment and the vehicle will pull to the side and the treads wear unevenly. If a car was a human body, it would signal alignment trouble through pain. When pain is treated without understanding the source of the problem, it is like replacing a tire without getting the car aligned.

Dr. Mark Drusin, a podiatric physician and surgeon was in pain. A hip replacement was under consideration but Dr. Drusin was looking at all options. "The hip pain had come on gradually", he stated. "It was getting increasingly worse and had started to affect my quality of life." Just at that point, Dr. Drusin heard about the Egoscue Method and Pain Free Performance, a local clinic owned and operated by Cindy Meyers and Susy Russell. "We use the Egoscue method to eliminate chronic pain by restoring alignment to the body without the use of drugs or surgery", said Susy Russell, a certified Postural Alignment Specialist from Egoscue University.

"I worked with Cindy Meyers", Dr. Drusin remarked. "I had pain and limitation in the hip but this pain was impacted by the poor alignment throughout my body". Through photos and functional testing, Dr. Drusin was able to understand how restrictions in the upper back and shoulders along with other imbalances were contributing to stress on the hip. A series of passive positions along with gentle retraining exercises allowed the gradual transition of the body toward a more optimal alignment. One key to making changes in the body is the individual SEQUENCE of the positions and exercises. You will not



have to "think" about changing your posture.

Dr. Drusin 's body alignment improved, he gained ½ inch in height, his pain level decreased 70-80% and his function improved 85-90%. He now has the tools to work toward full recovery.

The body is designed to move. In today's society, movement is often limited due to sedentary lifestyles, job technology and modern culture. People spend hours at their computers and do not balance this with activity. Inactivity leads to poor posture, imbalances in the body and will often result in pain. Being both a physician and a surgeon, Dr. Drusin understands that all parts of the body are designed to work together as a unit. "You cannot separate one part of the body from the rest," he stated. "Any change such as poor posture I had developed, has a distinct effect on the rest of the body. It is action and reaction".

Cindy and Susy have extensive backgrounds in physical therapy. Ashleigh Quick compliments the team with an extensive background in fitness and a Masters in Exercise Physiology. At Pain Free Performance, they utilize the Egoscue Method in its pure form. It is not combined with other treatment approaches. The initial session is

2 hours and the average client receives 4 additional sessions scheduled at 2 week intervals. Our goal at Pain Free Performance is to empower you to make changes in your body! Susy, Cindy and Ashleigh work with people of all ages and all levels of function. The results? With the Egoscue Method, the success rate is 95%. Best of all, once the body is restored to health, there is no need for continuous treatment.

*To find out how you can take charge of your own health and eliminate pain without drugs or surgery, go to:*

*[www.painfreeperformance.org](http://www.painfreeperformance.org)*

*Pain Free Performance now offers a free posture screening to introduce you to the Egoscue Method.*



**Pain Free  
Performance**

***Call now for your appointment!  
(434-296-0600)***