

# PAIN, PAIN, GO AWAY

**D**R. MARK DRUSIN, A PODIATRIC Physician and Surgeon, was in pain. A hip replacement was under consideration, but Dr. Drusin first wanted to examine all his options.

“The hip pain had come on gradually,” he stated. “It was getting increasingly worse and was starting to affect my quality of life.”

It happened that Dr. Drusin had picked up a book called “Pain Free” by Peter Egoscue at Barnes and Noble. Dr. Drusin was intrigued, then heard about Pain Free Performance, a local clinic owned and operated by Cindy Meyers and Susy Russell, who employed the Egoscue Method to

eliminate chronic pain without drugs or surgery by restoring the correct body alignment.

“I worked with Cindy Meyers,” Dr. Drusin remarked. “I first underwent a total evaluation to examine my posture. I was experiencing a limitation of motion in my hip, possibly due in part to poor posture. I was slumped forward and walking at a poor gait to help reduce pain. Cindy said she could help and I began treatment in April.”

From his first session at Pain Free Performance to the present, Dr. Drusin has experienced phenomenal improvement.

“I’ve actually gained a 1/2 inch in height and

that is significant,” he said. “My hip is between 70% to 80% better and I now have 85% to 90% use of all my daily functions without pain and I can sleep comfortably at night.”

The body, Dr. Drusin says, is designed to move. But in today’s society, movement is often limited due to sedentary life styles, job technology and modern culture. People spend hours and hours at their computers and don’t get enough exercise.

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 the poor posture I had developed, has a distinct effect of the rest of the body. It is action and reaction.”

At Pain Free Performance, Cindy Meyers and Susy Russell, certified Postural Alignment Specialists from Egoscue University, work to restore the body’s correct alignment.

“Through the Egoscue Method, we do a detailed analysis of your particular body,” Cindy said from the Pain Free office at 3054 C Berkmar Drive. “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. Unused muscles, joints, ligaments and other body parts lose their ability to function properly. With the body properly aligned, pain is eliminated.”

Gradually, Dr. Drusin states, the medical community at large is beginning to accept a holistic approach to health.

“Both my personal physician and my chiropractor supported my decision to try Pain Free Performance,” he said. “And as a surgeon myself, I felt that the Egoscue method made a lot more sense than other methods available.”

According to the Egoscue Method, “Wellness is not the absence of pain, it’s the absence of limitations.”

Susy and Cindy have worked with many athletes at UVA as well as with doctors, 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 treatments or visits to a doctor.

“With Egoscue, you are never dependent on others to be pain free,” Susy Russell stated.

To find out how you can take charge of your own health and eliminate pain without drugs or invasive surgery, 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).



Cindy Meyers of Pain Free Performance working with Dr. Mark Drusin to improve his body alignment.