



Pain Free: A Revolutionary Method For Stopping Chronic Pain

Pete Egoscue

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Pain Free shows readers how they can readily self-diagnose, treat and eliminate agonizing conditions such as stiff necks, sore shoulders and elbows, aching backs, hips and knees, shin splints, twisted ankles, and a variety of foot problems. Even many symptoms of arthritis can be eased, along with TMJ, severe migraine headaches, asthma attacks, and repetitive stress injuries. In this natural, head to foot guide to musculoskeletal pain, Pete Egoscue demonstrates that the body is designed to maintain and renew itself through adequate and correct motion, and then leads the reader through brief sequences of motion *cises* matched to each pain symptom, combatting the root cause of the pain: motion starvation. Each chapter covers a portion of the body vulnerable to chronic pain, leading the reader through the movements that ultimately solve the pain problem, without resorting to drugs, traumatic surgery or expensive physical therapy.

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