



***Pain Free
Webinar with
Deb Freeman***

*Eliminating Chronic and
Recurrent Pain with
Posture Therapy*

What to Expect Today

- ◆ Pete Egoscue's story
- ◆ My story
- ◆ What posture therapy is
- ◆ What your pains and/or limitations are trying to tell you
- ◆ Before and after photos
- ◆ E-cise time
- ◆ Where to go from here to begin your journey to a pain free lifestyle

Pete's Story

- ◆ Wounded while serving as a Marine infantry officer in Vietnam in 1969
- ◆ Rehabilitated but still in pain...was it all in his head like the doctors said?
- ◆ He noticed one of his feet was no longer pointed straight ahead.
- ◆ What was his body telling him? He was out of alignment and his pain was simply a symptom of the postural misalignment.
- ◆ Founded The Egoscue Method

My Story

- ◆ Poor posture since adolescence and lack of adequate motion, yet no pain until...
- ◆ The accident
- ◆ The initial therapy (chiropractic, physical therapy)
- ◆ The pain management (TENS, acupuncture, more chiropractic, massage, yoga therapy, prescription and OTC pain meds, epidural and nerve blocks, lots of sleep/lack of motion)
- ◆ The beginning of my pain-free journey and career change

Some symptoms of dysfunctions brought on by lack of motion

- ◆ Pain
- ◆ Stiffness
- ◆ Lack of energy
- ◆ Poor balance
- ◆ Erratic concentration
- ◆ Loss of range of motion
- ◆ Headaches
- ◆ Weight gain
- ◆ Insomnia
- ◆ Urinary incontinence
- ◆ Snoring
- ◆ Sinus issues
- ◆ Etc...

The Approach

- ◆ The human body made simple – 8 load bearing joints
- ◆ Changing your mind...instead of asking “what’s wrong with me?” ask “what is my body trying to tell me?”
- ◆ Trust your instincts...you know more about your body than anyone else, including doctors
- ◆ Remember, doctors told Pete his pain was all in his head but he proved that it was simply a symptom of postural imbalance

Good Posture

- ◆ Muscular and skeletal balance
- ◆ Posture affects
 - ❖ Energy levels and quality of sleep
 - ❖ Breathing, circulation, and digestion
 - ❖ Concentration and thinking ability
 - ❖ Frame of mind and emotions
 - ❖ Confidence and self perception
 - ❖ How you appear to others
 - ❖ The health of your spine, muscles, and joints
 - ❖ Etc...
- ◆ What's different from what we were designed to be?

Front View

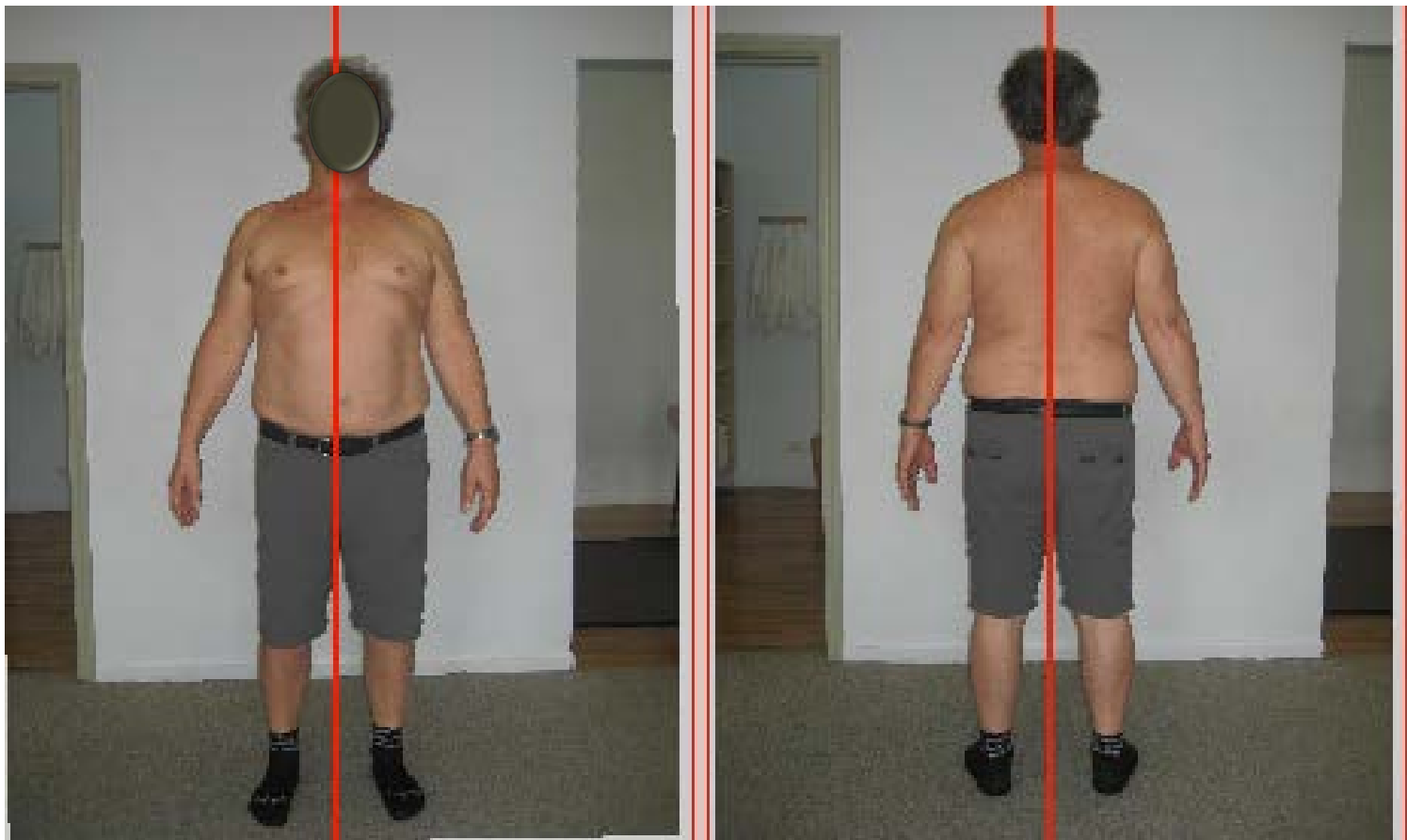
- ◆ Head centered
- ◆ Shoulders Level
- ◆ Pelvis Level
- ◆ Knees pointed straight
- ◆ Feet pointed straight



Got Pain?

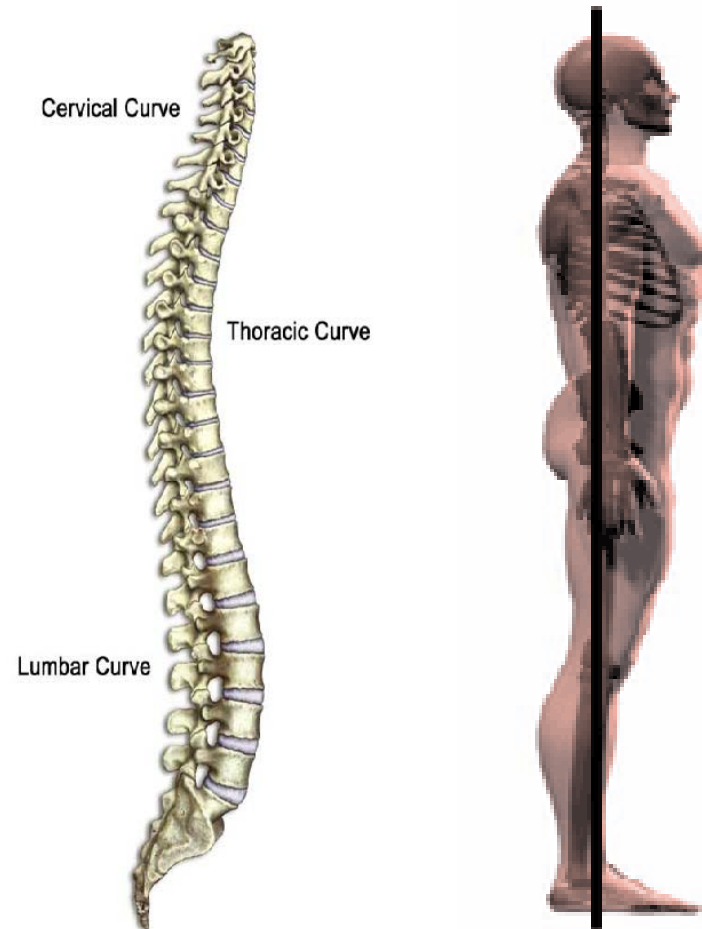


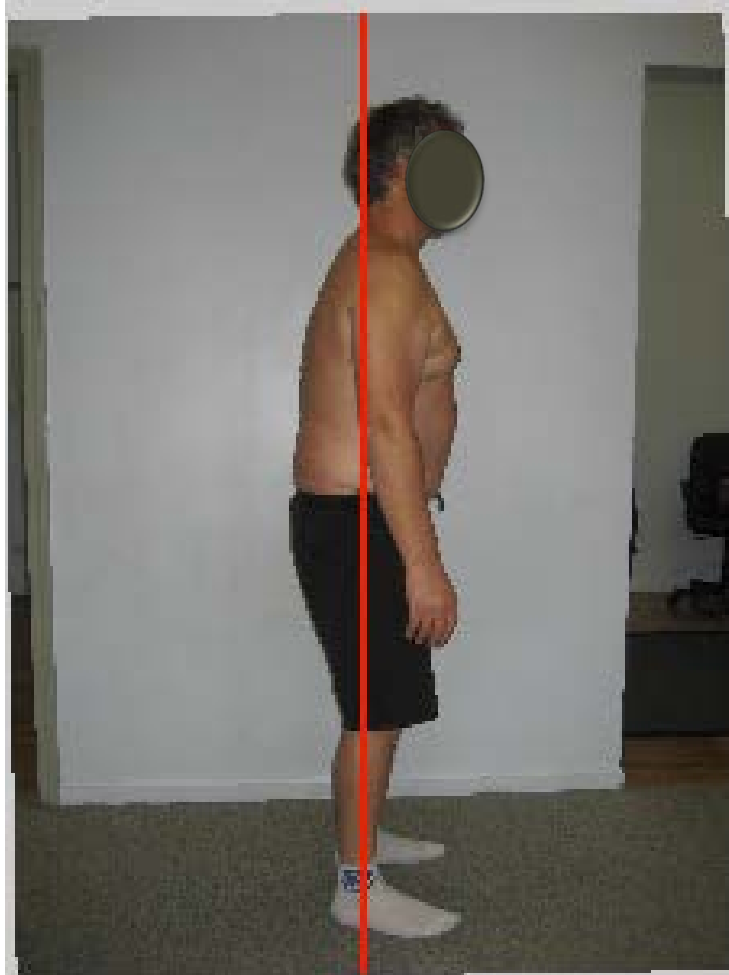
Got Less Pain?

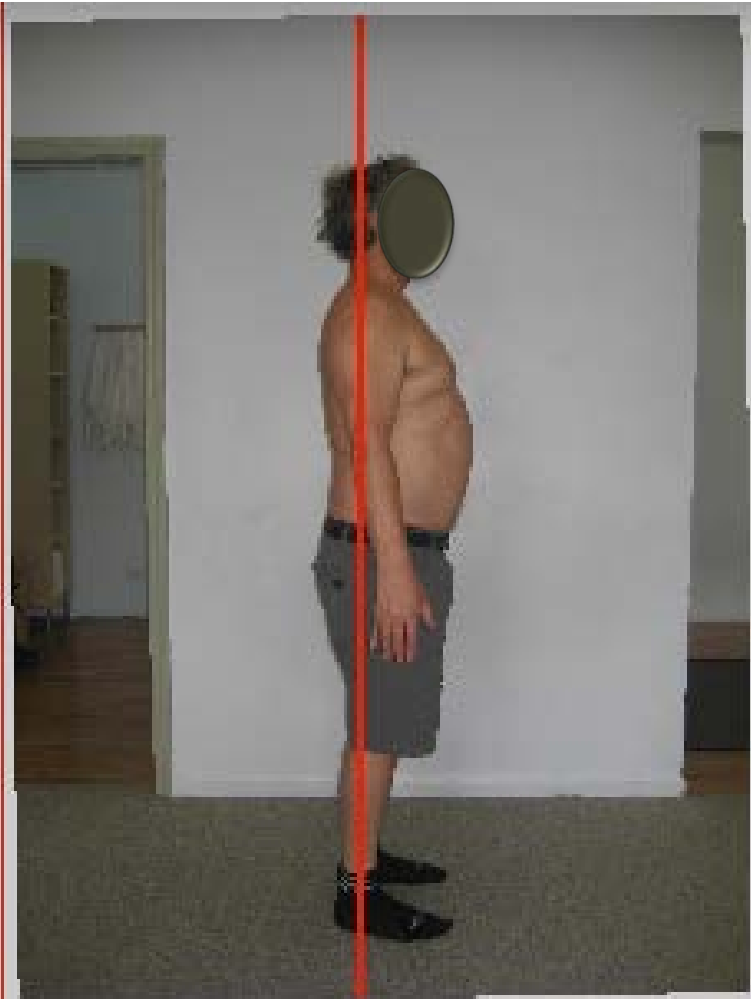
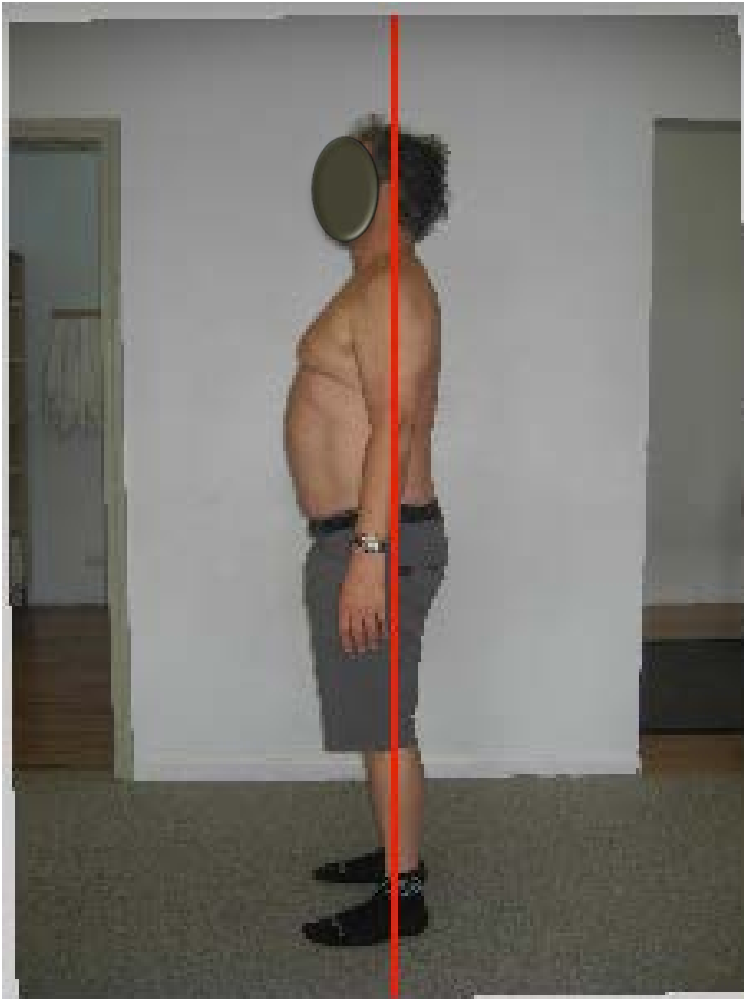


Side View

- ◆ Head/posterior ear
- ◆ Middle Shoulder
- ◆ Greater Trochantor
- ◆ Middle Knee Joint
- ◆ Lateral Malleolus







Cause vs. Symptom

- ◆ The *Site* of the Pain is rarely the *Source* of the Pain.
- ◆ The body is a unit.
- ◆ Start asking more questions.
- ◆ What is my body trying to tell me?
- ◆ Bones do what muscles tell them to do.

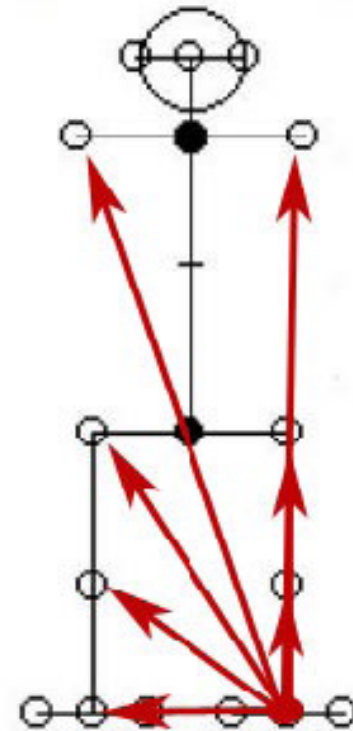


Figure 2.2: Dysfunctions can travel in 4 levels - vertical and horizontal. In this example, the ankle is the starting point.

Poor Posture = Poor Function

REMEMBER:

- ◆ It is the body that you take into the activity -- Not the activity!
- ◆ Fix the body going into the activity vs. activity avoidance



The Future



Let's Test It

- ◆ Balance Test
- ◆ E-cises
 - ❖ Listen to your body
 - ❖ Only take what your body is willing to give
 - ❖ These are just an example of what e-cises can do and may not be the stimulus your body wants/needs at this time
- ◆ Balance Re-Test

Let's Test It (Continued)

◆ Balance Test

- ❖ Stand in a comfortable position
- ❖ If able, close your eyes
- ❖ Take a breath and relax
- ❖ Notice your balance

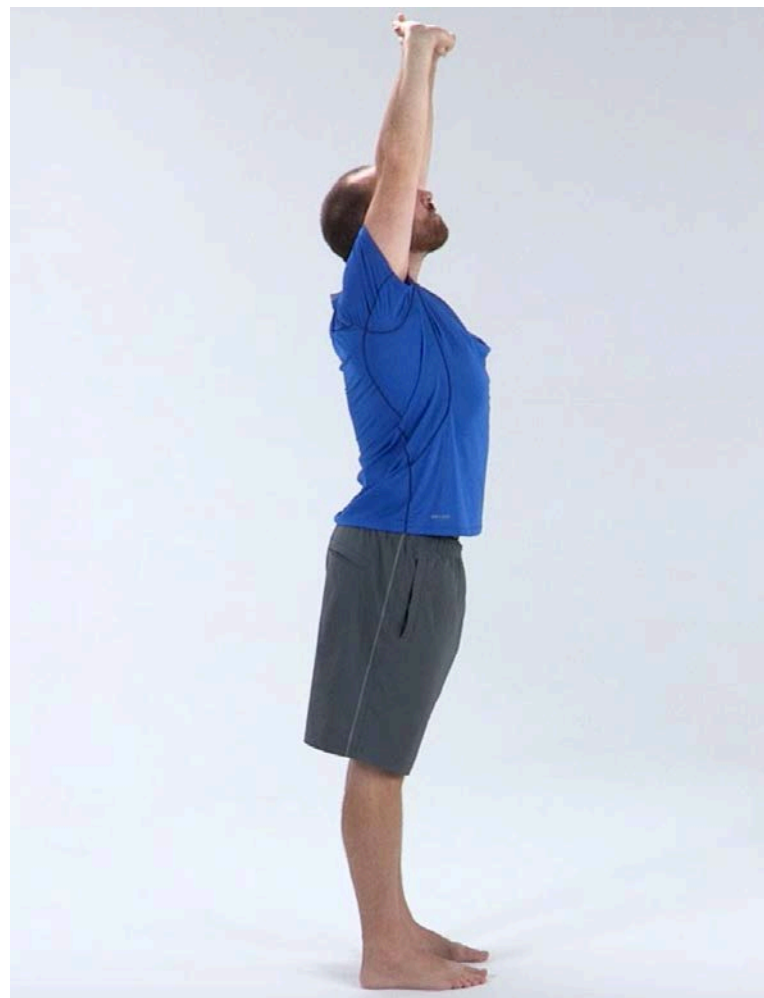
Standing Arm Circles



Standing Elbow Curls



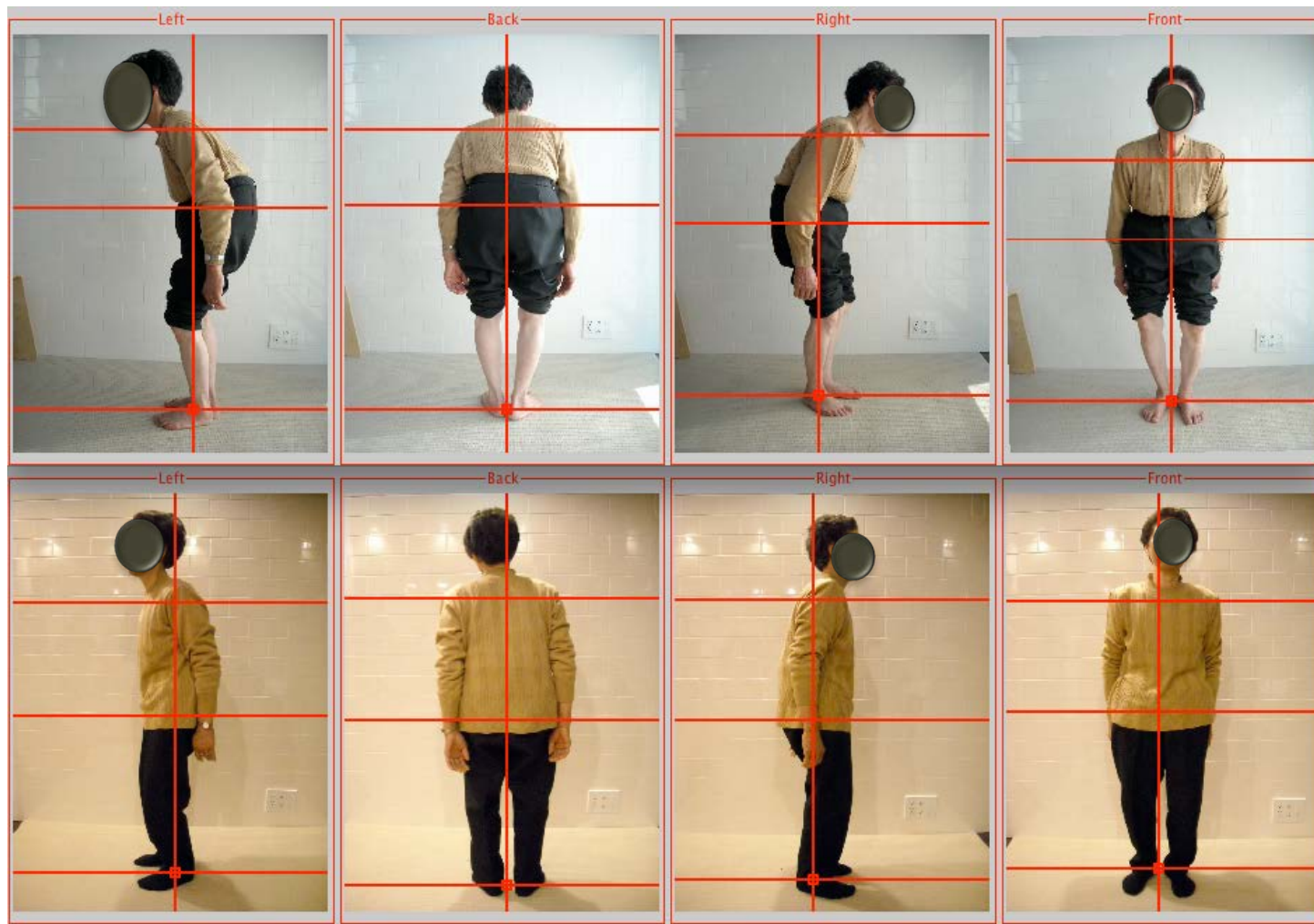
Standing Overhead Extension

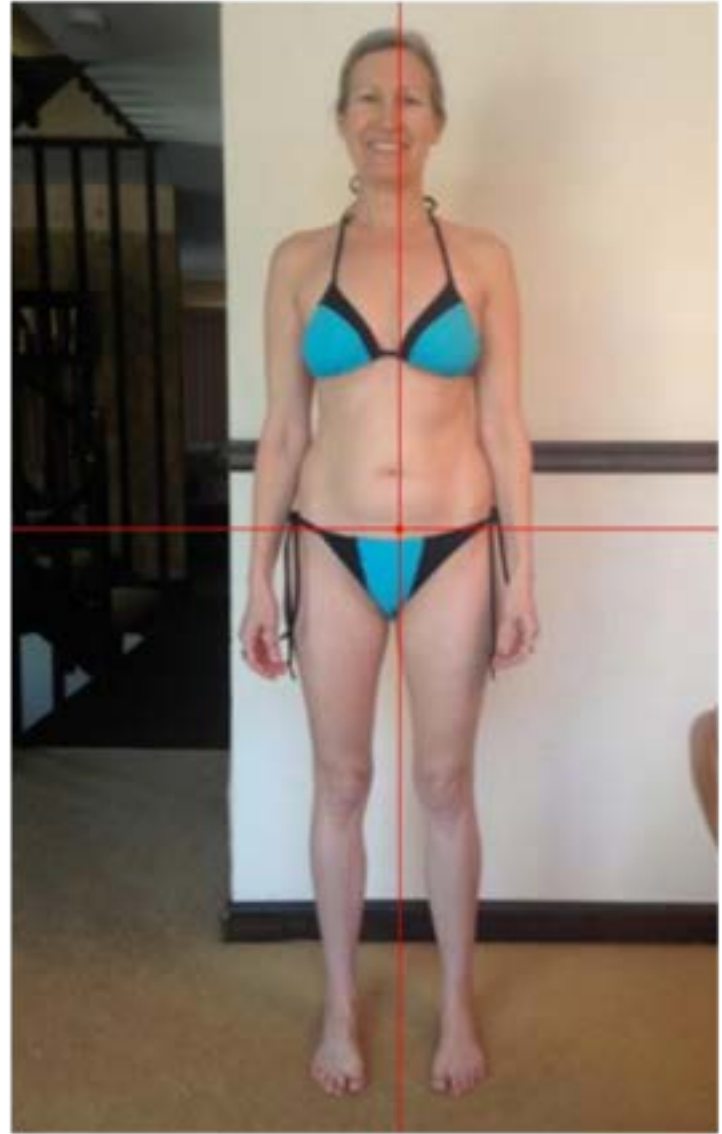
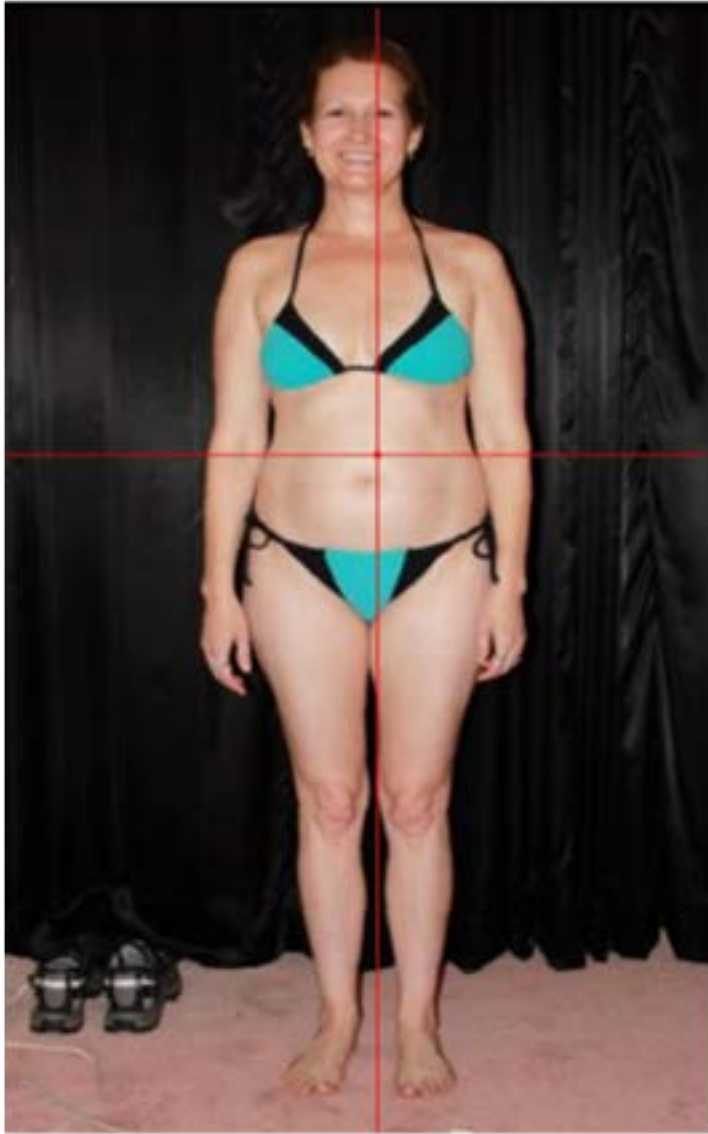


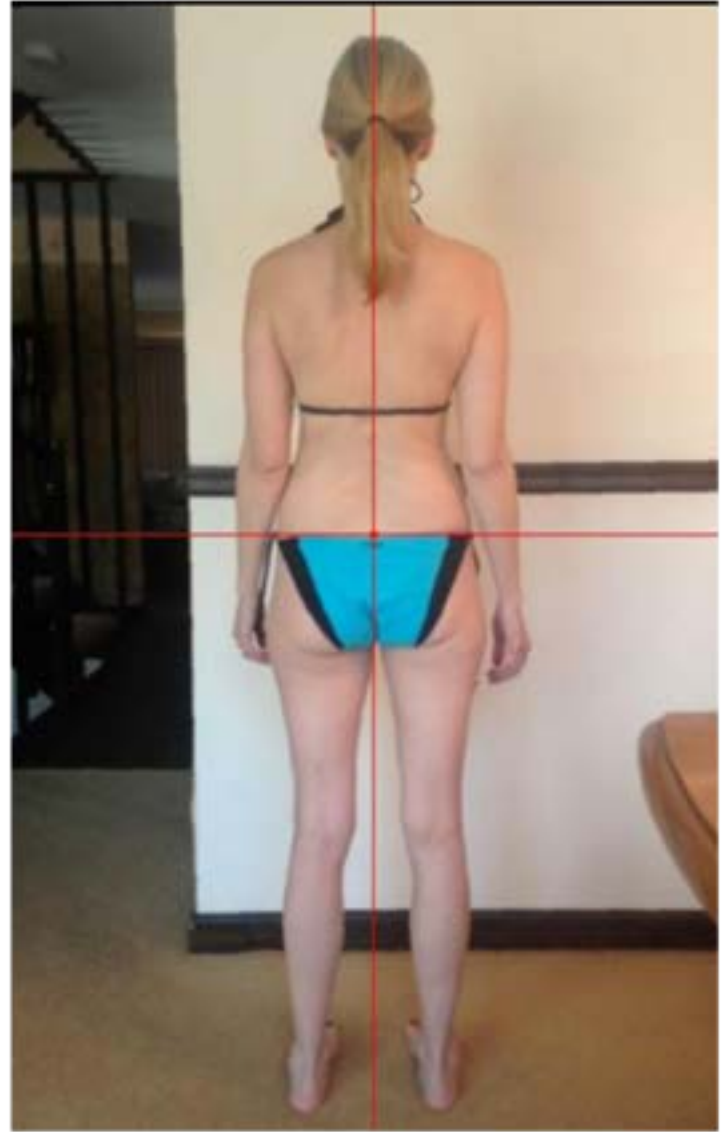
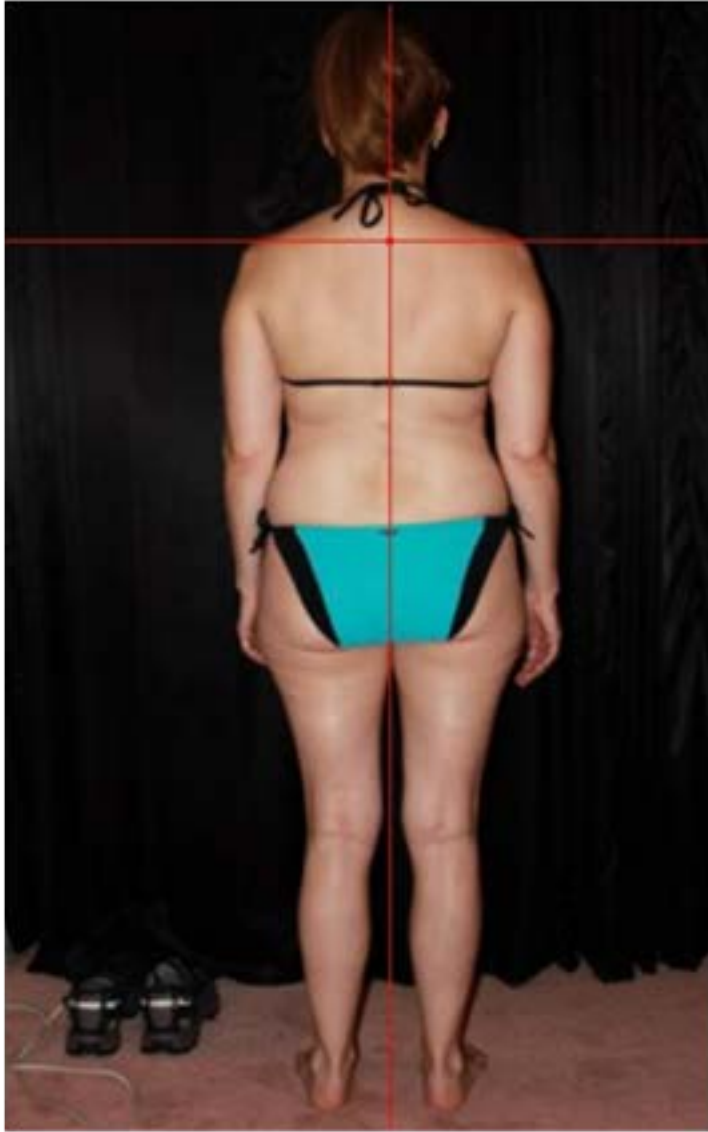
Let's Test It Again

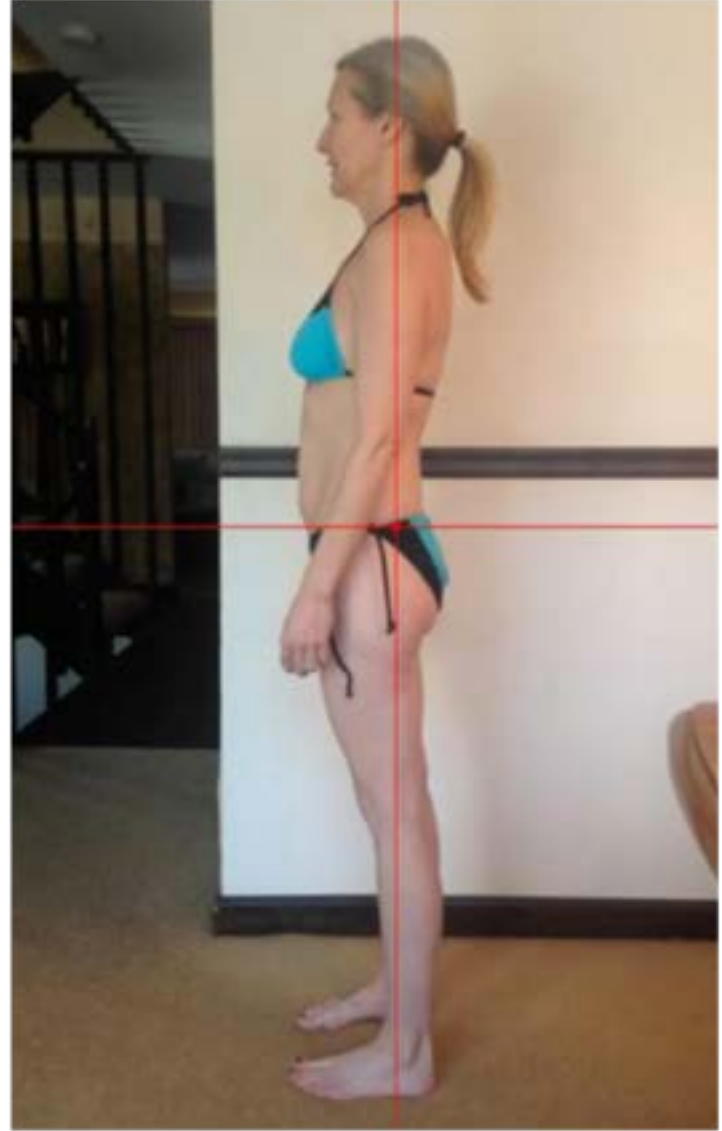
- ◆ Balance Re-Test
- ◆ Some outcomes people tend to notice
 - ✧ More balanced or grounded
 - ✧ Less pain
 - ✧ Feel taller/more opened up
 - ✧ More relaxed/less tightness and tension
 - ✧ Improved breathing
 - ✧ Enhanced mood

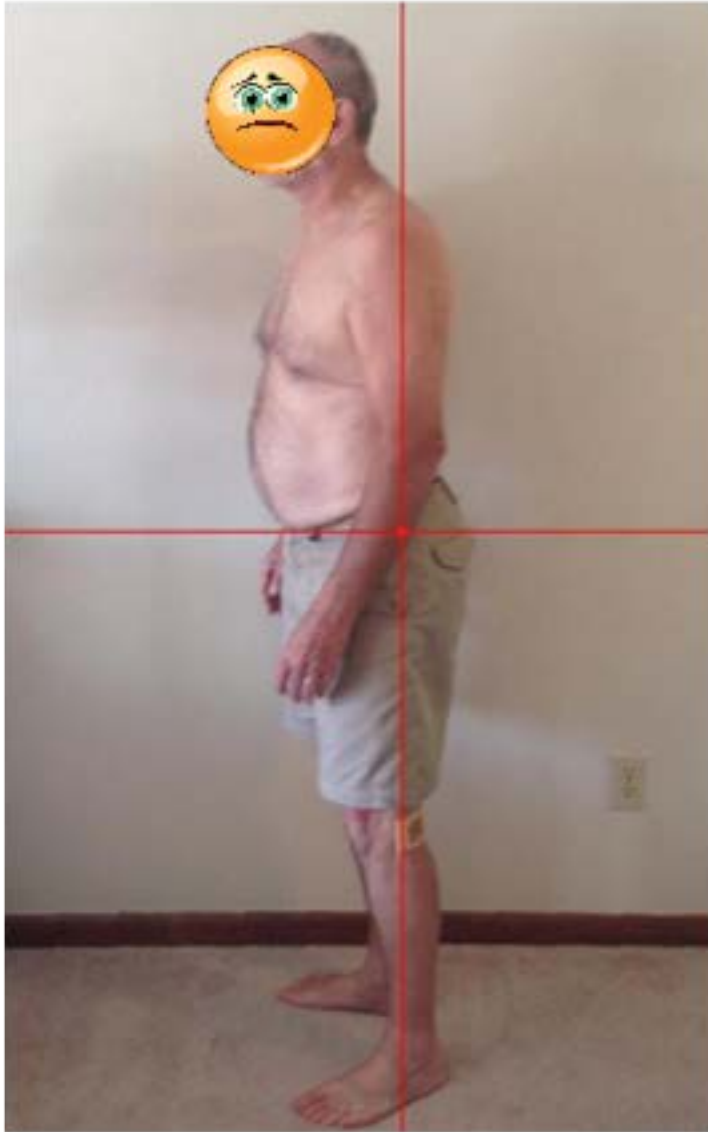
Before-After Posture Therapy

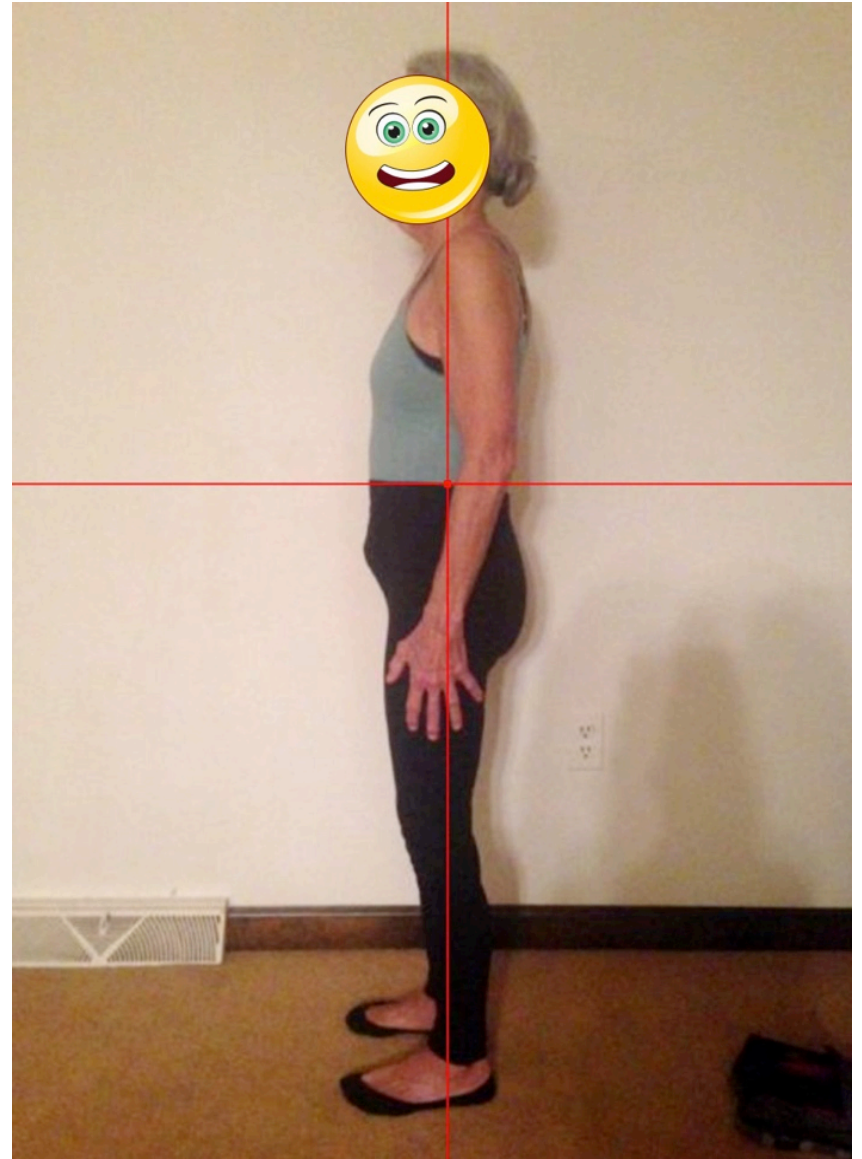
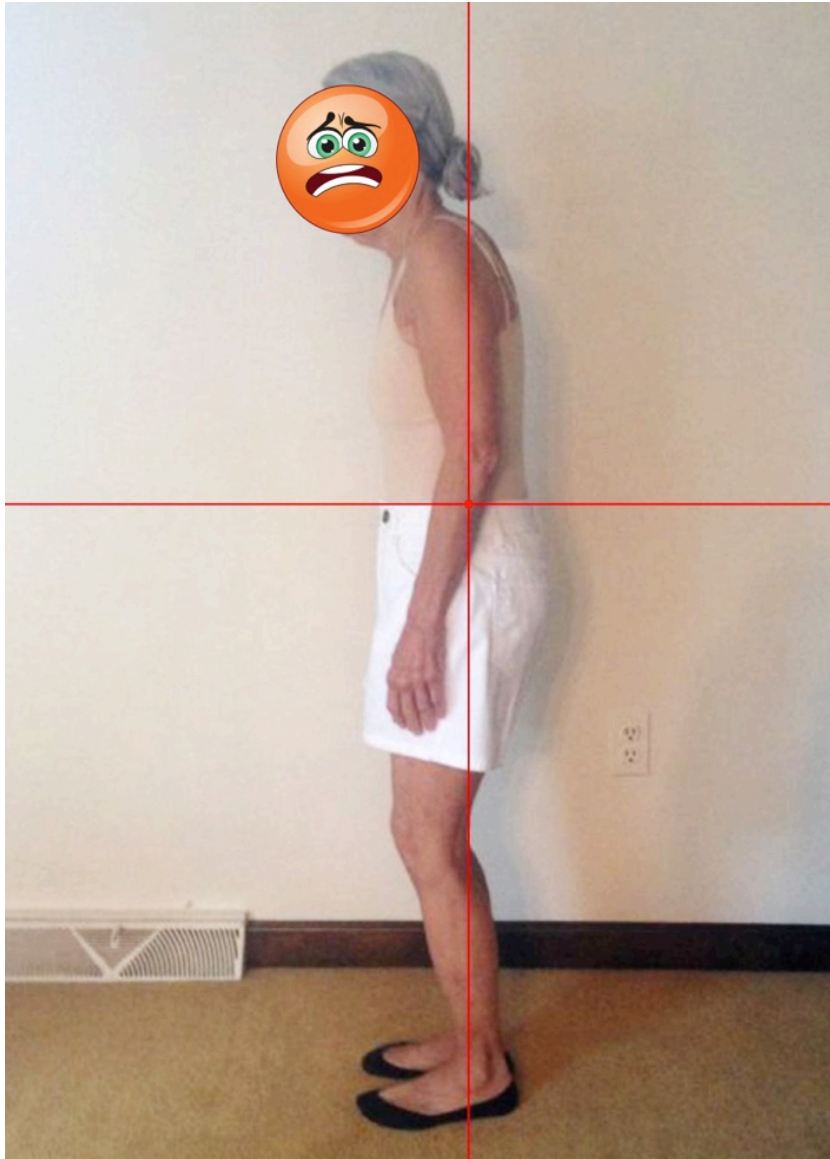
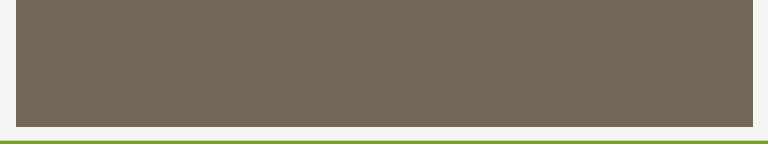


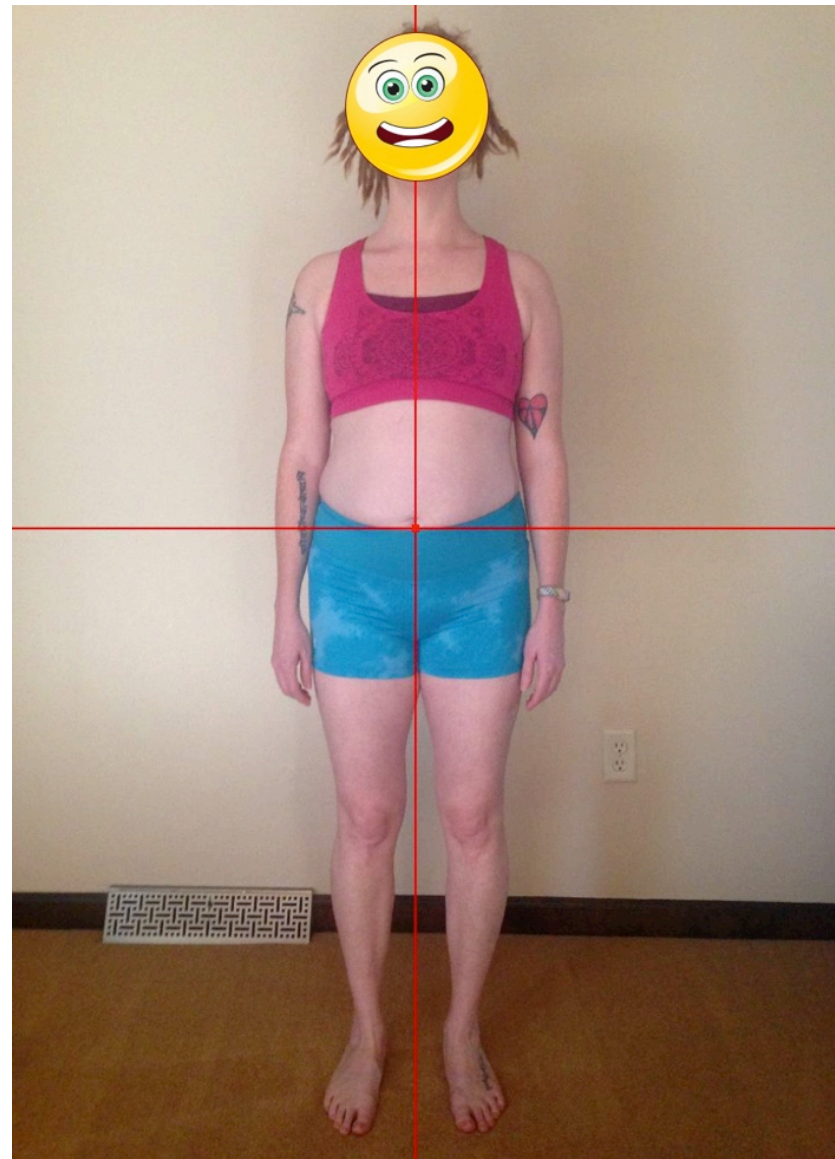


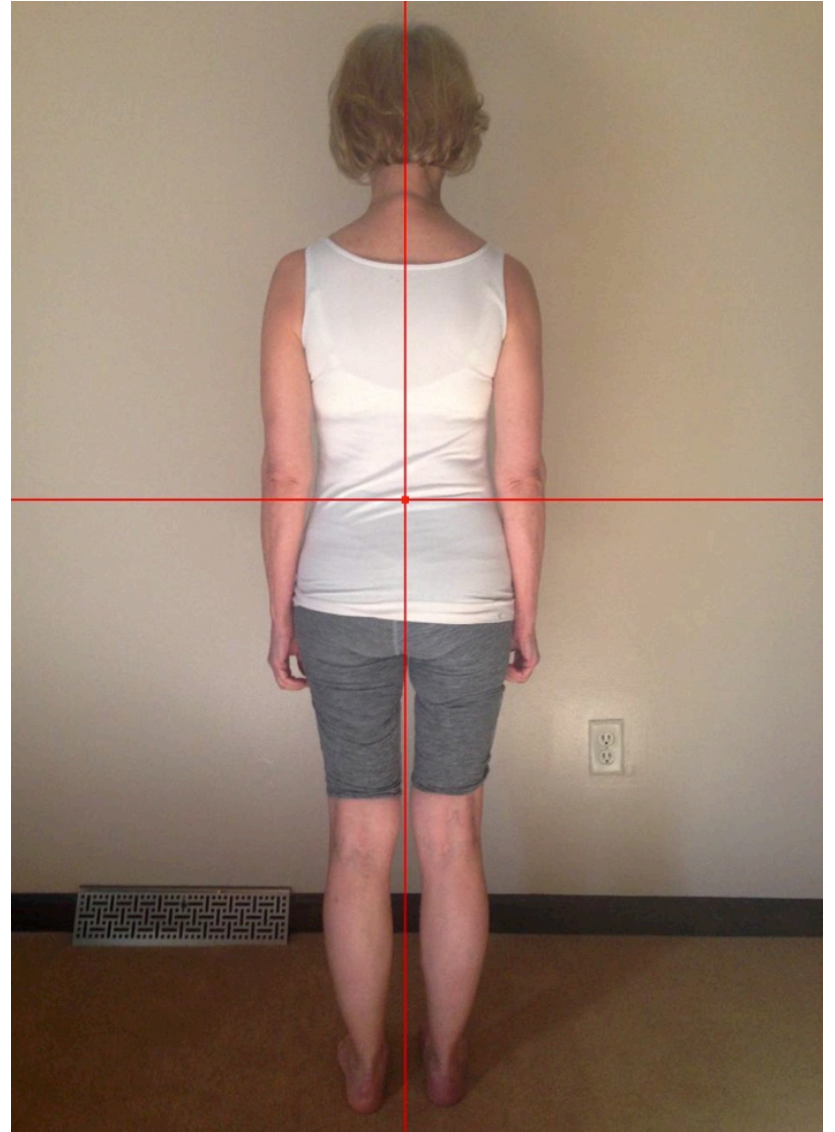


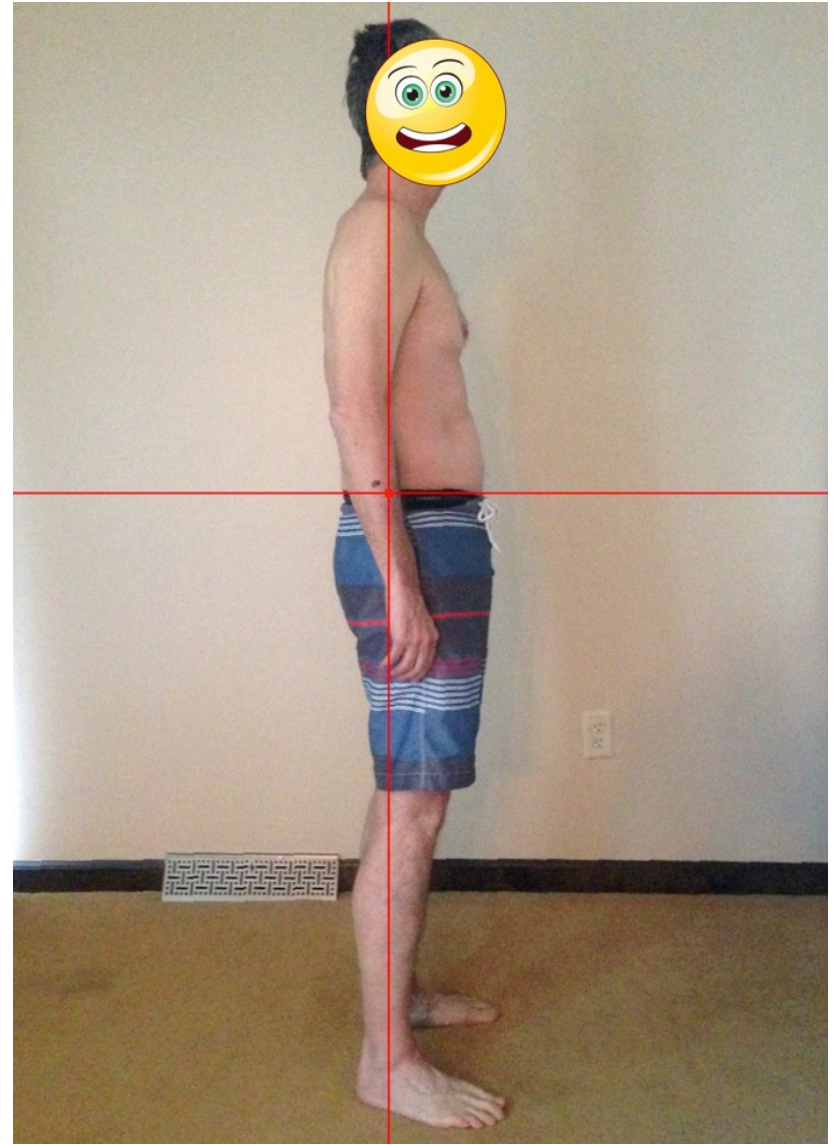
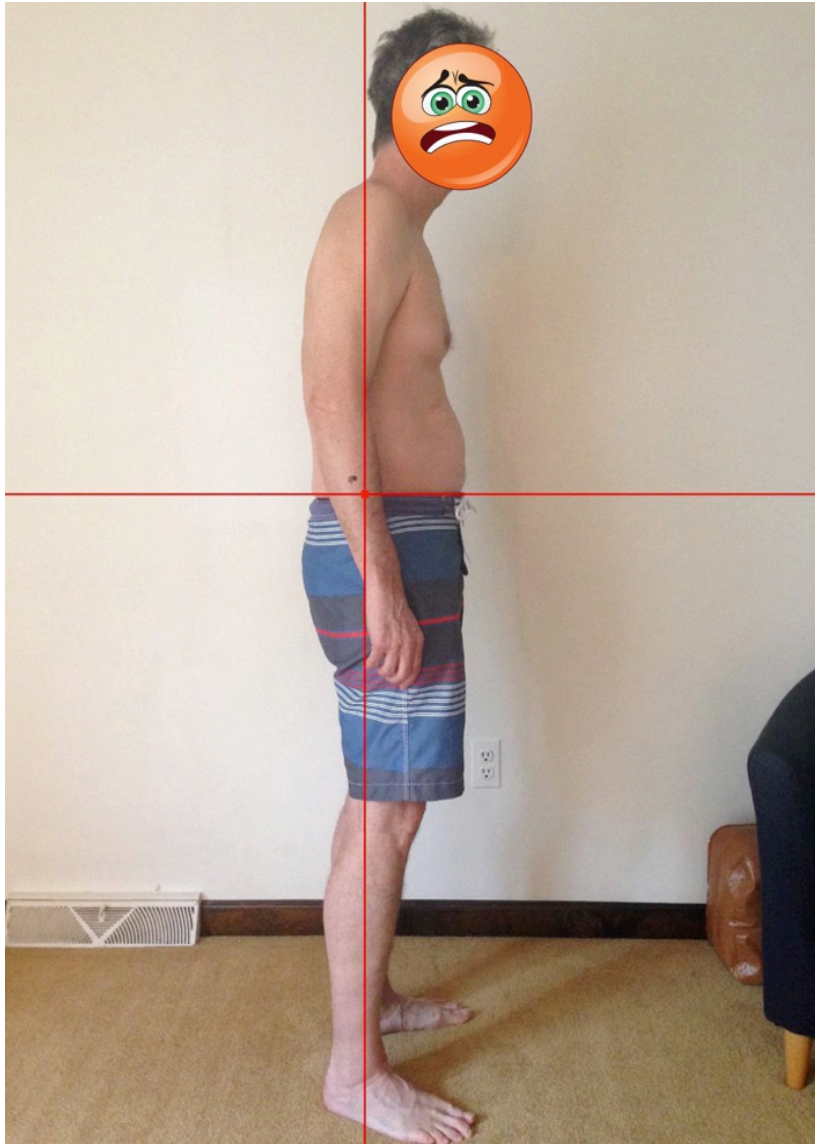


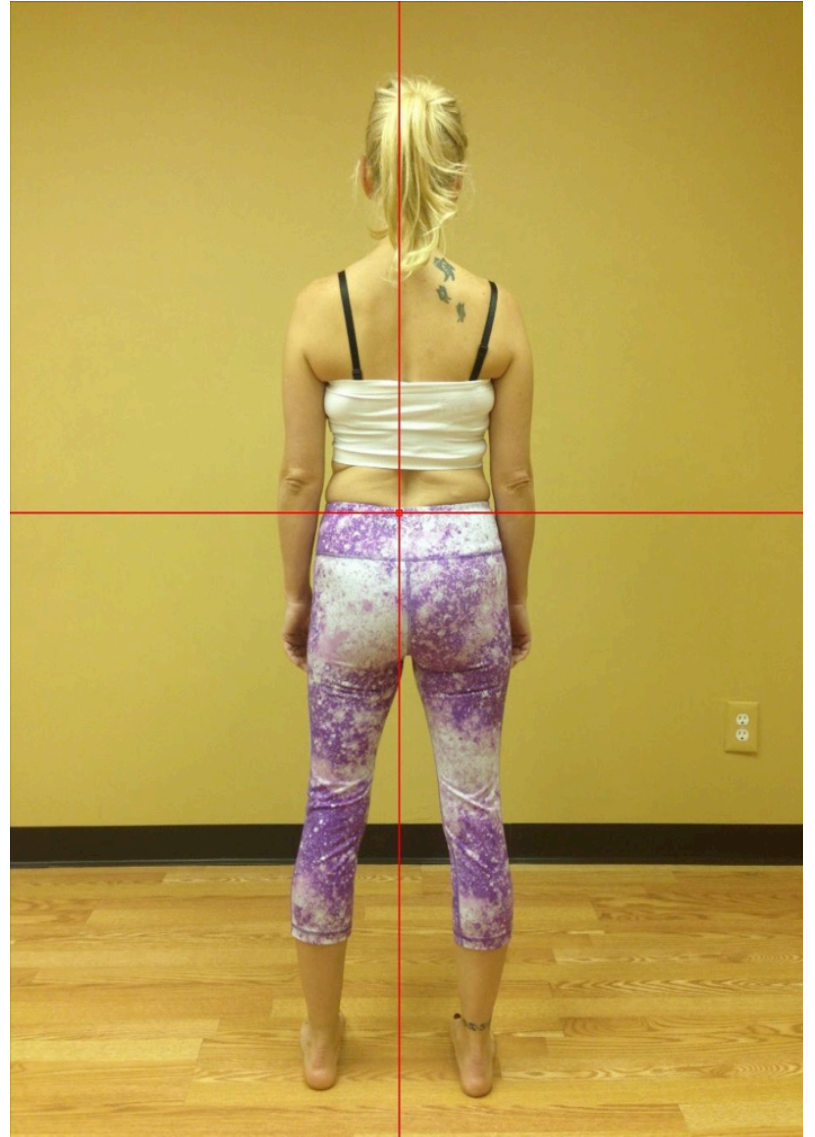
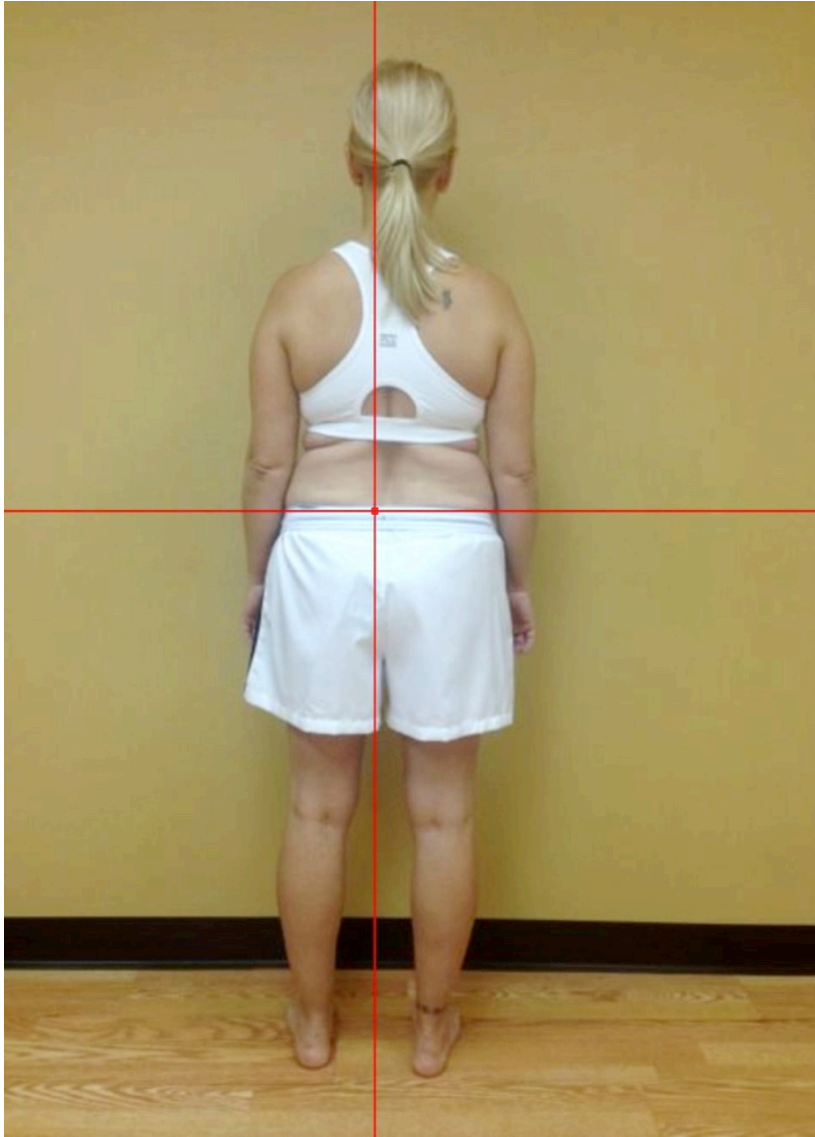


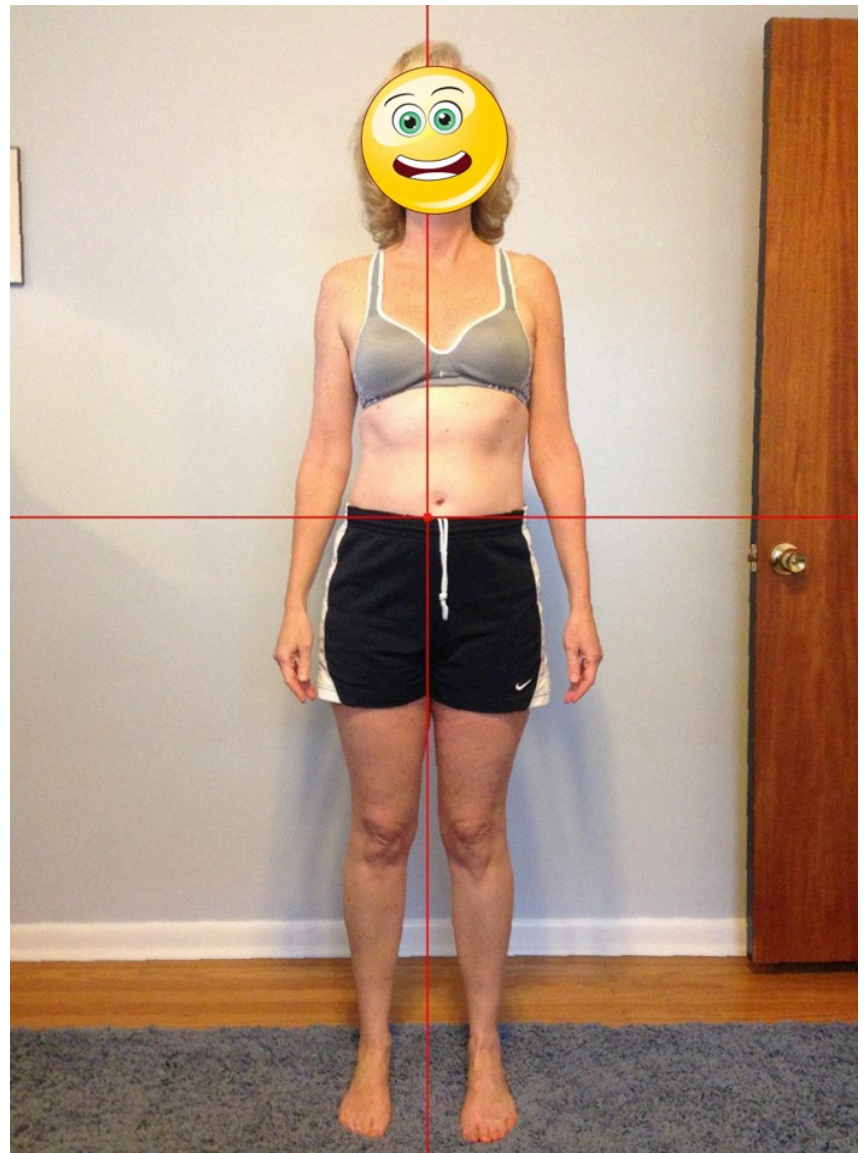
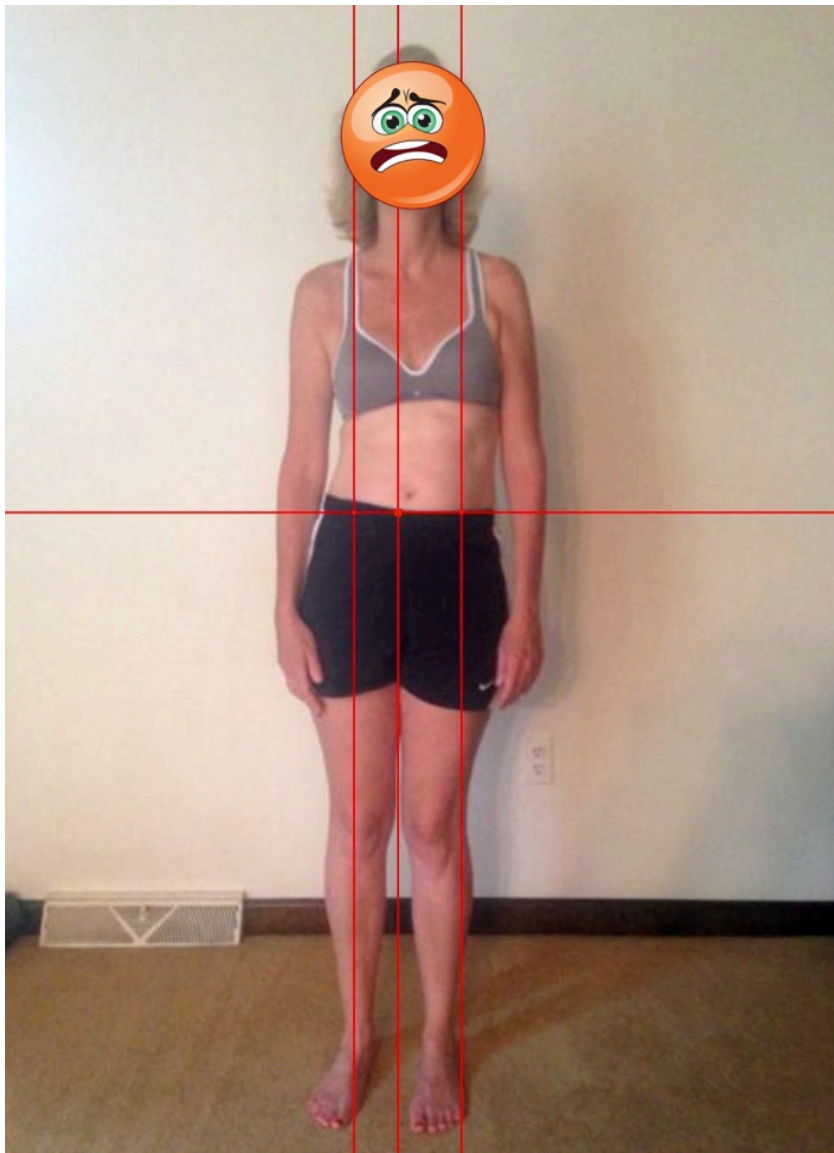
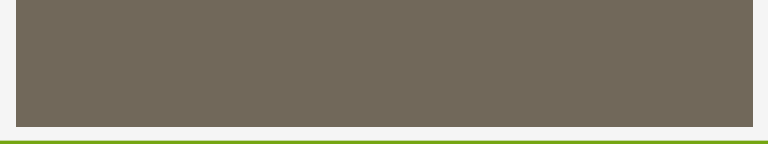


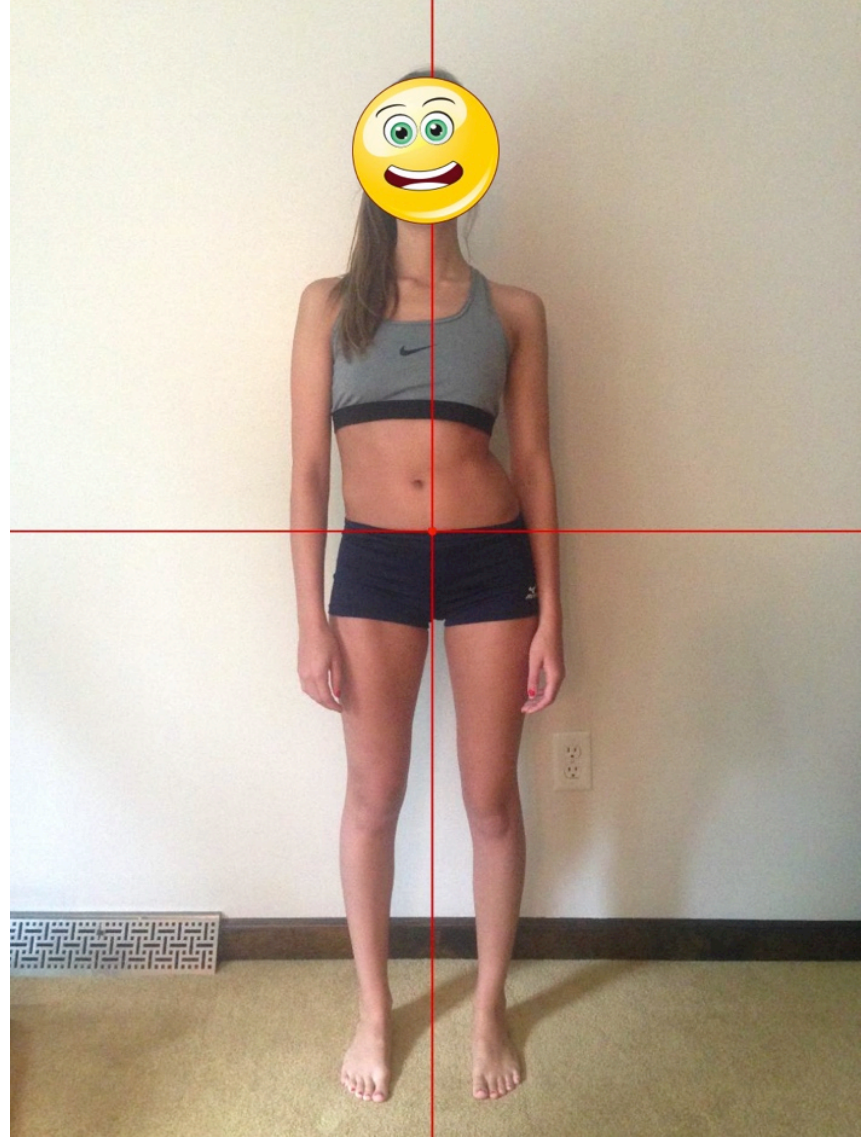
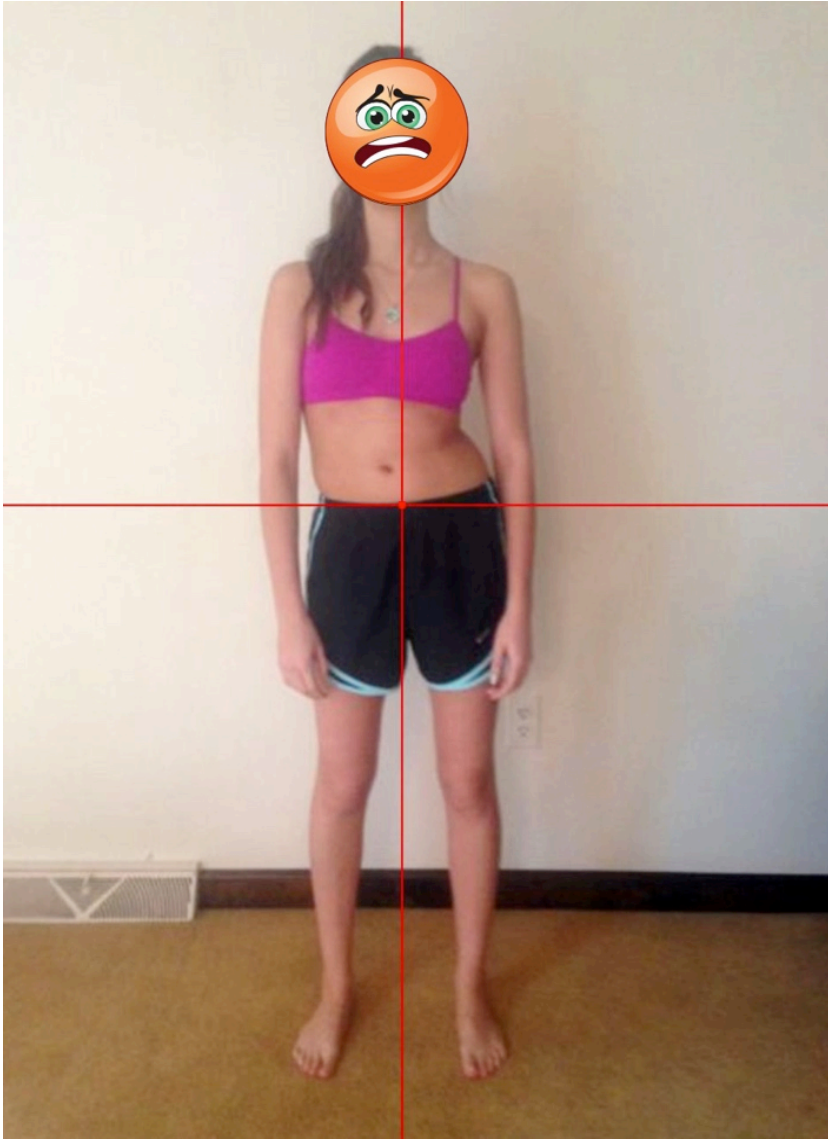
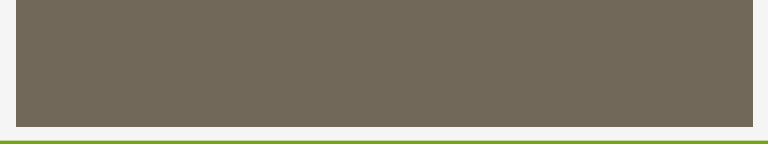












So What Exactly Is Posture Therapy?

- ◆ Posture therapy is a **process** which involves a series of stretches and gentle exercises designed specifically for each client. This **process** strengthens specific muscles and brings the body back to its proper alignment and functioning the way it was designed, pain free.

Steps of Posture Therapy

- ◆ Rediscover the body's design
- ◆ Restore function
- ◆ Return to health

What's The Next Step?

- ◆ Work with a Postural Alignment Specialist
 - ✧ IN-PERSON VISITS
 - ✧ ONLINE THERAPY
- ◆ Books (library, amazon, local bookstore)
 - ✧ ***Pain Free by Pete Egoscue***
- ◆ Online resources (YouTube)
- ◆ Local classes and workshops

FOR MORE INFORMATION ABOUT ALIGNED BY DESIGN

- ◆ Contact Postural Alignment Specialist Deb Freeman at 856-495-6604 or e-mail at deb@alignedbydesigninc.com
- ◆ Aligned by Design's website is <http://alignedbydesigninc.com/>
- ◆ Check out Aligned by Design's Facebook page at <https://www.facebook.com/alignedbydesigninc/>

FOR MORE INFORMATION ABOUT POSTURE THERAPY

- ◆ Egoscue's website is <http://egoscue.com/>
- ◆ For a great article on posture therapy go to <https://draxe.com/egoscue/>
- ◆ Search for a Postural Alignment Specialist in your area at <http://www.egoscue.com/certified-practitioners>

LOCAL CLASSES AND WORKSHOPS

- ◆ For information on weekly Postural Alignment Classes and periodic workshops at Yoga for Living, Inc. in Cherry Hill, NJ go to <http://www.yogaforliving.net/yoga-classes.php#postural-alignment>
- ◆ Sign up to receive e-mail notification of postural alignment classes and workshops in the South Jersey area by e-mailing Deb at deb@alignedbydesigninc.com

Receive Three Free E-cise Instructions (deadline 2/28/17)

- ◆ Contact deb@alignedbydesigninc.com and let me know if you would like to be added to Aligned by Design's e-mail list for notification of events in the South Jersey area by February 28, 2017 and receive free instructions for the balancing e-cises done during the webinar.

Wise words from Pete Egoscue...

“Pain is not a disease, not an injury, not even an effect of aging. Pain is a symptom, a symptom of postural imbalance.”

“Until you recognize the need, the absolute requirement for taking responsibility, you will not succeed. Once you do accept the responsibility, however, the Egoscue Method never fails. Never. No drugs, no surgery, no machines, no miracles. Just You. A normal person, doing normal things.”



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