

Pain Free by Pete Egoscue

Amazon.com Review

Pete Egoscue learned a lot about pain when, as a Marine officer, he was wounded in Vietnam. He segued from patient to physical therapist, and now runs a famous clinic in San Diego, where he claims he's helped 95 percent of his patients cure chronic pain--including Jack Nicklaus and Charles Barkley, whose athletic careers he helped prolong. At the heart of his program are stretches and motion exercises to restore proper function to muscles and joints. His methods are often surprising and counterintuitive. For example, for foot pain, he suggests a series of hip exercises. In fact, this is one of the most startling books you'll read about the human organism. Egoscue has strong opinions about how modern life is changing the way our bodies function, reducing the tasks we must perform and thus reducing the functional range of motion of our muscles and joints. Fortunately, he offers movement exercises to restore what nature meant us to have.

