

# Got Pain?

## Try Egoscue Method Therapy

Pete Egoscue was lying on a gurney on a U.S. Hospital ship with other Vietnam combat soldiers when he realized a simple yet profound truth: *he had to get better or he was going to die*. The intensive recovery and rehabilitation he underwent to return to active duty introduced him to a discipline that he chose to follow as a career. Egoscue became immersed in biomechanics and functional anatomy, and learned that the human body has a commanding role in managing the process of health and healing. Many of today's state of the art chronic pain treatment options ignore the body by only treating the symptom.

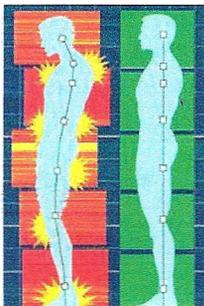
The simple and powerful design of the body requires a motion-rich environment. We have become quite dependant on technology to get things done. These changes have led to anatomical dysfunction. Skeptical? Check your surroundings, many are slouched with rounded shoulders and heads tilted forward. This posture alone can lead to migraines, carpal tunnel, or tennis elbow. Instead of looking to the pain in question, the Egoscue Method addresses the functional posture by working to realign the head and shoulders to reduce the nerve compression down the arm. We go to the source of the pain, instead of chasing the symptom. Think of the tires on your car...if they are wearing bald, you don't just keep replacing the tire, you have the mechanic perform an alignment, right? Misalignments cause wear and tear of the body's joints. So you contribute the loss of cartilage in your right knee to old age? The x-ray shows great cartilage in the left knee....hmm, aren't your knees the same age?! Why is the degeneration different from one side to the other when we are designed to use both sides of the body? Chances are good there's an issue with the connection from hip to knee on the right side. Tight muscles pulling on the thigh change the way the hip functions, which changes the way the knee functions, which changes the way the foot strikes the ground. Quite simply, muscles move bones.

### ***If you are in pain, remember: you are not broken!***

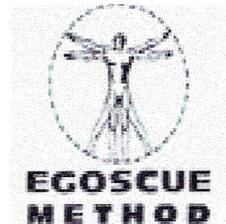
Chronic pain is the body trying to communicate with you that it needs some attention. The Egoscue Method utilizes the muscles of the body through a series of exercises to treat anatomical dysfunctions. Repositioning and neuromuscular repatterning is necessary to affect posture long term.

***We at Inner Strength Pilates work with you to help restore alignment, and more importantly, put your health back into your hands, (or hip, or back, or knee...!)***

Call us to find out more about the Egoscue Method!  
336.813.5320 [www.InnerStrengthPilatesNC.com](http://www.InnerStrengthPilatesNC.com)



*Inner  
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Pilates*



*By Amy Dixon, Certified Egoscue Postural Alignment Specialist  
& Owner of Inner Strength Pilates*