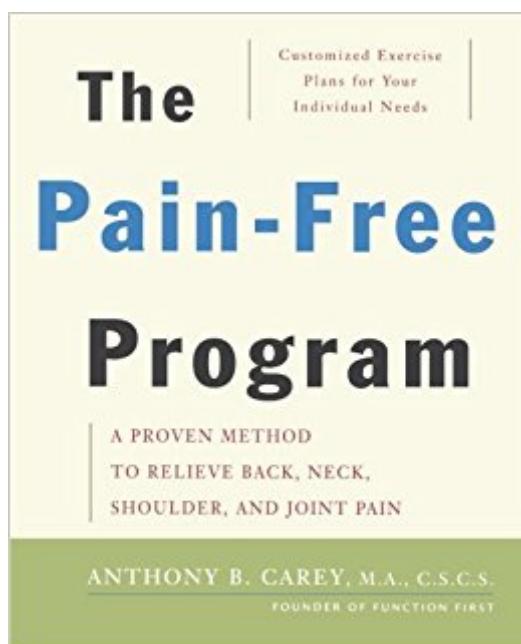


The book was found

The Pain-Free Program: A Proven Method To Relieve Back, Neck, Shoulder, And Joint Pain



Synopsis

"Anthony Carey hits the bull's-eye! Striving for a pain-free lifestyle is a goal we all want to achieve, and this book is a powerful tool to help you attain it." --Bradford Stiles, M.D., Medical Director of California Sports & Industrial Medical Center "Anthony Carey's unique approach to promote the proper function of the whole body in order to support and heal the problematic area delivered the results that made me a lifetime believer. I continue to utilize Anthony's techniques to train and heal my body every day. I only wish I would have found his program earlier in my career." --Erik Kramer, former NFL Quarterback An innovative, therapeutic exercise program to stop the pain for good If you're one of the millions who suffer from chronic back, neck, shoulder, and joint pain, all you can think about is relief. Now, exercise physiologist Anthony Carey presents a breakthrough whole-body approach to pain relief that will help your body function and heal the way it was designed to. The Pain-Free Program shows you how to assess and treat the underlying cause of your pain rather than trying to simply fix your symptom area alone. Carey provides an individualized program for your specific body form, complete with customized exercise routines. This prescriptive guide: * Addresses the full range of pain sources, outlining the typical "hot zones" where pain tends to occur and why * Presents customized programs based on 6 major body forms identified by the author * Features over 100 photographs and illustrations that demonstrate appropriate exercise positions, techniques, and modifications * Reveals how you can prevent future injuries The Pain-Free Program gives you the tools you need to get rid of the pain for good--and stay healthy for the rest of your life.

Book Information

Paperback: 264 pages

Publisher: Wiley; 1 edition (September 14, 2005)

Language: English

ISBN-10: 0471687200

ISBN-13: 978-0471687207

Product Dimensions: 7.5 x 0.6 x 9.4 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.1 out of 5 stars 26 customer reviews

Best Sellers Rank: #414,446 in Books (See Top 100 in Books) #52 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #412 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #698 in Books > Health, Fitness

Customer Reviews

"Anthony Carey hits the bull's-eye! Striving for a pain-free lifestyle is a goal we all want to achieve, and this book is a powerful tool to help you attain it." —Bradford Stiles, M.D., Medical Director of California Sports & Industrial Medical Center "Anthony Carey's unique approach to promote the proper function of the whole body in order to support and heal the problematic area delivered the results that made me a lifetime believer. I continue to utilize Anthony's techniques to train and heal my body every day. I only wish I would have found his program earlier in my career." —Erik Kramer, former NFL Quarterback An innovative, therapeutic exercise program to stop the pain for good If you're one of the millions who suffer from chronic back, neck, shoulder, and joint pain, all you can think about is relief. Now, exercise physiologist Anthony Carey presents a breakthrough whole-body approach to pain relief that will help your body function and heal the way it was designed to. The Pain-Free Program shows you how to assess and treat the underlying cause of your pain rather than trying to simply fix your symptom area alone. Carey provides an individualized program for your specific body form, complete with customized exercise routines. This prescriptive guide: Addresses the full range of pain sources, outlining the typical "hot zones" where pain tends to occur and why Presents customized programs based on 6 major body forms identified by the author Features over 100 photographs and illustrations that demonstrate appropriate exercise positions, techniques, and modifications Reveals how you can prevent future injuries The Pain-Free Program gives you the tools you need to get rid of the pain for good—and stay healthy for the rest of your life.

ANTHONY B. CAREY, M.A., C.S.C.S., C.E.S., is the biomechanical consultant for Jazzercise International and is a continuing education provider for the American Council on Exercise, the National Strength and Conditioning Association, the American College of Sports Medicine, and the National Academy of Sports Medicine. He has successfully employed the exercise regimes described in this book for more than a decade through his company, Function First.

This book is very technical and well presented. It helps you learn what and why you hurt before you fix it. The stretches, drills and information in this book are very good. I am a golfer and I recommend this to anyone who might have back pain.

I enjoyed this book. Thank you!

No more trouble with my sciatica. Pain free is right. I'm now on the graduate program to keep myself strong and aligned. Faith

I purchased this book because I am having multiple aches and pains in my low back and in my neck, accompanied by headaches. I was expecting yet another generalized run-of-the-mill stretching exercise book and I was so very pleasantly surprised! (I had checked this book out of my local library prior to purchasing, so I knew ahead of time how wonderful it was.) I especially like the variety of body postures/images included in the book. The diagrams show you a new way to "look" at your own particular body to point out specific malalignments. Because of this unique feature, I was quickly able to determine my own mechanical problems and then go to the specifically targeted exercises to deal with these mechanical problems. For me, I quickly was able to identify a high hip on one side, a shorter leg, a slouched shoulder, forward head, etc., etc. When I do the specific exercises for my malalignment problems, I KNOW I am getting some real help, instead of just generally "hoping" for a good result! The book is almost like having your own personal trainer examining you and then custom-tailoring exercises to work on your particular problems. It is just that specific! I am impressed.

and am doing something about it. From what I have read, my flat feet are causing a ton of problems for me. I did not realize that the body is a system and when one thing goes south, all these other problems appear. So now I am starting into the exercises. I really enjoy this book and find it very readable and understandable.

Bought this looking for some answers to mitigate back pain. Didn't offer what I thought it would. This might help others however.

The Pain Free Program is such a valuable resource. I am a personal trainer and this book has taught me some new things regarding client posture and how to help correct various bad postures. I ordered the book thru Marketplace and got it for a great price and it was in excellent condition!

I have followed the program judiciously for months, and have greatly reduced the frequency of back pain. I am convinced that core muscle correction and development is key to health, stability, and

being generally pain free.

[Download to continue reading...](#)

The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot 7 Steps to a Pain-Free Life : How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain 50 Dry Rubs for Pork Shoulder: BBQ Pork Shoulder Recipes, Pork Shoulder Seasoning, Oven & Crock Pot Marinade Back in Balance: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs Walk Yourself Well: Eliminate Back, Neck, Shoulder, Knee, Hip, and Other Structural Pain Forever - Without Surgery or Drugs Overcoming Back and Neck Pain: A Proven Program for Recovery and Prevention Back Pain: How to Relieve Low Back Pain and Sciatica Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to Bulging Disks, Degenerative Disks, and other diagnoses. Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) PAIN: SOFTENING THE SENSATIONS -- Deep Relaxation/Meditation, Guided Imagery Affirmations Proven to Relieve, Reduce, Manage Chronic and Acute Pain ... CD/Booklet) (Relax Into Healing Series) Relief from Head, Neck and Shoulder Pain You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program The Miracle Ball Method for Pregnancy: Relieve Back Pain, Ease Labor, Reduce Stress, Regain a Flat Belly

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)