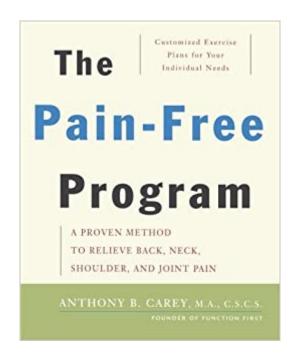


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The Pain-Free Program: A Proven Method To Relieve Back, Neck, Shoulder, And Joint Pain





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.

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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 siatica. Pain free is right. I'm now on the graduate program to keep myself string 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.

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