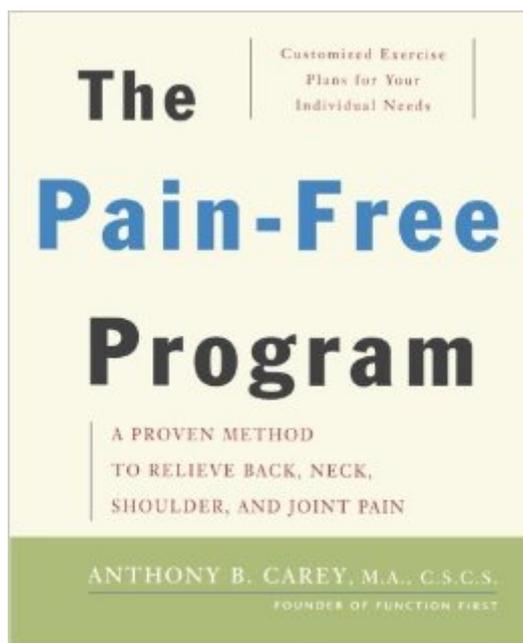


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# The Pain-Free Program: A Proven Method To Relieve Back, Neck, Shoulder, And Joint Pain



## 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.

## Book Information

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## Customer Reviews

I have been a practicing Chiropractor for 14 years. I started using the techniques described in this book on my patients and began to see improvements the very first day! If you have been suffering from chronic pain and have been unable to live pain free, you need to read this book. If you are interested in improving your athletic performance on any level, you need to read this book. If you simply want to get more out of life from a health perspective, you need to read this book. I just ordered 10 copies and I'm going to start giving them to my patients!

My name is Aaron Kuehl and I have been a Nationally Licensed Physician Assistant for 8 years. In 1997 when I moved to San Diego, CA I met Anthony Carey and he absolutely changed my life. For 10 years I had suffered through daily chronic low back pain and was unable to find relief through conventional medical treatment programs. I was treated by Family Practitioners, Orthopedic Physicians, Osteopaths, and Physical Therapists for years with little results. Since I went to medical school myself, I was convinced that this was the only way to solve my chronic issues. After meeting with Anthony I was literally brought to tears with elation because after only two sessions I noticed a 50% reduction in my pain level. After finishing the program at Function First, I was pain free for the first time in ten years. For those of you who have suffered from any type of chronic pain, you know how much the quality of your life is affected. I wasn't able to do the things that I normally liked to do. In the past 8 years since going through the Function First Program, I have completed three half-marathons, two full marathons and 6 triathlons. Thank you Anthony Carey, and thank you Function First! Sincerely, Aaron Kuehl PA-C

I have had horrible, progressively debilitating low back pain for 1.5 years. I have spent thousands of dollars on massage, acupuncture, chiropractic, and so on, all of which helped for short periods of time. I tried physical therapy, but it did not help for very long. I stretched and strengthened on my own every day, but it did not help for long. I bought this book and began doing the exercises. I felt an immediate change and relief after doing the exercises just once. I have been doing the exercises faithfully every day for 2.5 weeks now, and I am no longer taking pain medication. If my back flares up a little, I just do the exercises, and I get immediate relief and don't have to take pain medication at all. I also have found that eating a low-inflammatory diet and taking Omega 3 supplements every day help with inflammation immensely, but those didn't help with the actual structural problem that

was the underlying cause of my low back pain. The exercises in this book are addressing the structural problems. I am so thankful that this book was written. I highly recommend this book to anyone who has chronic pain. The exercises seem to strengthen and stretch in all the exact right places in the exact right sequence. I can feel my back getting stronger and balanced the way it should be.

Anthony Carey has risen to become a major leader in the exercise therapy/posture alignment field. In this, his first book, he reveals some of the thinking and many of the exercises behind his breakthrough method of relieving musculoskeletal pain. As a man who has spent almost 10 years seeking relief through posture alignment therapy, I've come across no greater therapist than Anthony Carey and his associates at Function First. He is a true student of the musculoskeletal system, and one who refuses to stop learning and growing in his ability to treat people in pain. Get the book and if at all possible, see Anthony or one of the therapists at Function First. I can recommend no better person to help you deal with your musculoskeletal pain.

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.

After suffering for more than 8 years with chronic low back pain I was fortunate to learn of Anthony Carey and the Function First Approach. I have always led an active lifestyle but after reaching my mid-thirties the years of misalignment had taken it's toll. Rather than "elect" for surgery I educated myself and found Anthony Carey. WOW... What a difference. After identifying the CAUSE of my

pain, Anthony gave me the specific exercises to alleviate the pain once and for all. (All this without surgery or special equipment!) Now I maintain an active, pain-free lifestyle. Kudos Anthony Carey and the Function First Approach.

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