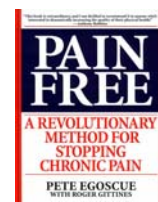


*Egoscue Chicago presents:*



## *The PAIN FREE Workshop*



# **LIVE A PAIN FREE AND ACTIVE LIFE NOW!**

In order for your body to be pain-free, not just sitting in your favorite chair, but while engaged in activities like running, golfing or gardening, your body must be \_\_\_\_\_, \_\_\_\_\_, and have “\_\_\_\_\_”.

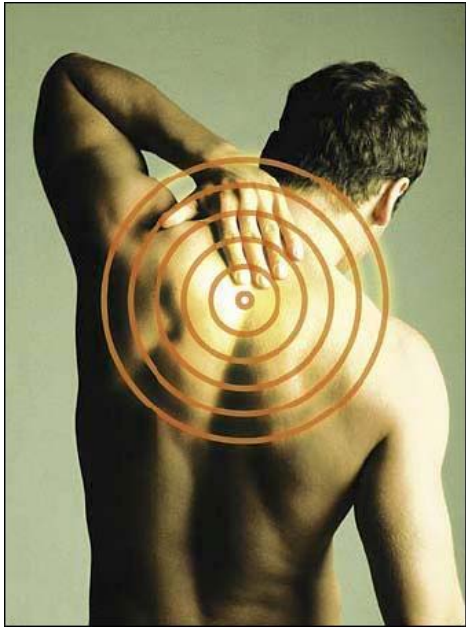
*What does your posture have to do with living a pain free and active life?*

Let's understand what posture is, and how your body works.

1. Your body works as a \_\_\_\_\_.
2. Your posture is a snapshot of your \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
3. Good posture is the ability to maintain \_\_\_\_\_ of the joints regardless of the body's position.
4. Form follows function. Your \_\_\_\_\_ do what your \_\_\_\_\_ tell them to do: your posture is determined by your muscle memory.
5. Your body is a \_\_\_\_\_ organism.

Where is your pain? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Rate it on a scale of 1  
 (minimum) to 10 (maximum): \_\_\_\_\_



Write down very specifically how this pain impacts your life: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

What are your current limitations? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

What would you like to be able to do that you can not do now? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

How quickly can you make an impact on your pain?  
 -----

**In order to eradicate your pain, you must:**

- Change your \_\_\_\_\_.
- Change your \_\_\_\_\_.
- Change your \_\_\_\_\_.

**➡ Only then will you be pain free, regardless of the activity!**

What does *change your mind* mean?

You must change your mind from “what’s \_\_\_\_\_ with me?” to “what’s my \_\_\_\_\_ trying to \_\_\_\_\_ me?”

➤ **The old paradigm:**

Traditional medicine’s approach, including MRI’s & X-rays, are looking for what’s \_\_\_\_\_.

➤ **The new paradigm:**

We look for \_\_\_ it is there. We then focus on correcting that.

What does *change your stimulus* mean?

You must implement a specific series of demand exercises, personalized to the *why* - your specific \_\_\_\_\_.

What does *change your habits* mean?

You must consistently implement this stimulus on a daily basis to change your \_\_\_\_\_.

How do you make sure you achieve the results you want?

Stay focused on your \_\_\_\_\_

What are your 3-5 biggest goals you hope to achieve?

- Decreased pain \_\_\_\_\_
- Avoid surgery \_\_\_\_\_
- Increased activity level \_\_\_\_\_
- Increased energy \_\_\_\_\_
- Increased performance \_\_\_\_\_
- Increased range of motion \_\_\_\_\_
- Decreased healthcare costs \_\_\_\_\_
- Prevention \_\_\_\_\_
- Freedom from a dependence on someone else for your own health \_\_\_\_\_

How many have you achieved? \_\_\_\_\_

Why do you believe you haven’t yet achieved your goals?

---

---

The reason that you have not yet achieved your health goals is either ...

You don't \_\_\_\_\_ what to \_\_ or

You are not \_\_\_\_\_ what you \_\_\_\_\_ be \_\_\_\_\_.

*Here's a proven 9-Step process anyone can follow to achieve a pain free and active life, regardless of age or previous circumstance:*

The first 3 steps will give you a clear understanding of why you hurt and what you need to do to be pain-free.

1. Identify your \_\_\_\_\_.
2. Understand how \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ are tied together and how they cause pain.
3. Learn exactly what needs to \_\_\_\_\_ for you to be pain free.

The next 3 steps are how you use the information you just gathered to take action and become pain-free.

4. Have a personalized menu of e-cises created for you to decrease your \_\_\_\_\_.
5. Implement these specific demand exercises on a \_\_\_\_\_.
6. Change the stimulus/menu as your \_\_\_\_\_ improves and your body adapts.

The final 3 steps take you beyond being pain-free and help you be free from limitations.

7. As your pain goes away, now is the opportunity to change the \_\_\_\_\_ underlying your compensations.
8. Implement full body range of motion exercises to restore full \_\_\_\_\_ to all your joints.
9. Learn to recognize new \_\_\_\_\_ and \_\_\_\_\_ when they first appear and intervene before pain appears. You are now being \_\_\_\_\_ towards future problems.

*This process has been used by thousands of people to effectively eliminate pain and improve performance for over 30 years. By following this formula and these 9 steps our clients enjoy a 95% success rate.*