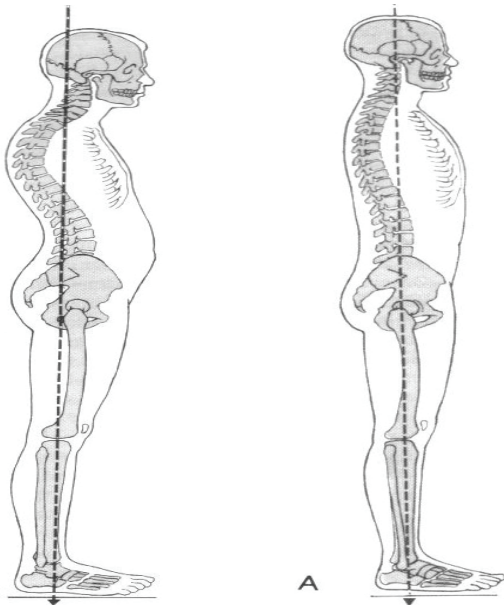


YOU CAN IMPROVE YOUR POSTURE!

HOW CAN YOU LOOK 10 POUNDS THINNER, 10 YEARS YOUNGER, AND FEEL 10 TIMES BETTER? IMPROVE YOUR POSTURE!



B Kyphotic-lordotic posture

A Ideal alignment.

Source: Kendall's *Muscles Testing and Function*

Mom was right!
Good posture is essential for good health.

Do you have what it takes to do Egoscue?

Egoscue: Helping you become pain free without drugs, surgery or manipulation. We treat the cause, not the symptom.

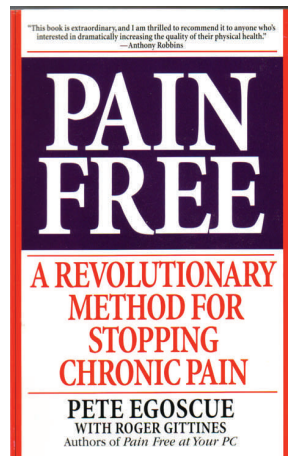
Testimonials

Jack Nicklaus, Legendary Golfer: *"Pete Egoscue has totally changed my life. Never have I experienced such complete pain relief as I have by following the Egoscue Method..."*

Tony Robbins, Peak Performance Coach: *"Pete Egoscue offers you the opportunity to take control of your physical well being for life."*

Wednesday Classes

We offer Egoscue-based **functional** fitness classes every Wednesday.
8:30am and 5:30pm. 45 minutes.
\$. First-timers free



Contact us for a complimentary copy of Pete's book.

916-531-6548
kitty@egoscue.com



A REVOLUTIONARY METHOD FOR STOPPING CHRONIC PAIN

"A pain-free active lifestyle is not only possible, it is the way you should expect to feel and live."
Pete Egoscue

EGOSCUE SACRAMENTO

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POSTURE THERAPY

What is Egoscue Posture Therapy?

The Egoscue Method is a program for stopping chronic pain by correcting posture.

Egoscue posture therapy uniquely addresses an essential element of your healthcare that is usually ignored: functional movement. Using a series of precision exercises, Egoscue posture therapy helps restore full, natural, pain-free function.

Egoscue enables you to achieve lasting relief from chronic pain by addressing the root cause rather than providing temporary symptom relief.

THE THREE R's of EGOSCUE:

Rediscover the body's design

Restore function

Return to health

HEALTH through MOTION

Common Chronic Pain Conditions

Do everyday tasks like standing for long periods, sitting, driving, lifting heavy objects, or climbing stairs cause you discomfort or pain?

Do you enjoy activities such as: golf, walking, running, tennis, skiing, dancing, gardening, or cooking but no longer do them because of pain?

Do you feel you are doing all the right things to be fit but you still hurt?

Egoscue resets the body's mechanics providing relief from conditions such as:

- **Back and neck pain**
- **Herniated or degenerative discs**
- **Sciatica**
- **Stenosis, scoliosis, facet joint pain**
- **Arthritis, tendonitis**
- **Shoulder, elbow or wrist pain**
- **Hip, knee, leg or ankle pain**
- **Foot pain, plantar fasciitis, bunions**
- **Carpel tunnel syndrome**
- **Headaches, migraines, TMJ pain**
- **Age-related aches & pains & more**

Posture therapy helps you keep doing what you love or need to do.

INDIVIDUAL THERAPY

What to Expect

You will work one-on-one with a therapist who will analyze your posture. The therapist will then take you through a series of exercises designed to target your individual dysfunctions. You will leave the initial appointment with a custom-designed menu of exercises that are easily done on your own. At your next appointment we will evaluate your posture changes and adjust the exercises according to your progress.

From your first visit, there is interactive communication and support to keep you on track, motivated, moving forward, and doing your exercises correctly to ensure your steady measurable progress.

A Work in Progress

Although you will see and feel results immediately, posture therapy is a process and takes time. Depending on your issues, you may only need one session to get out of pain, or you may need a series of sessions. With each new session you will move toward your goals and you will realize benefits proportionate to your adherence to the program.