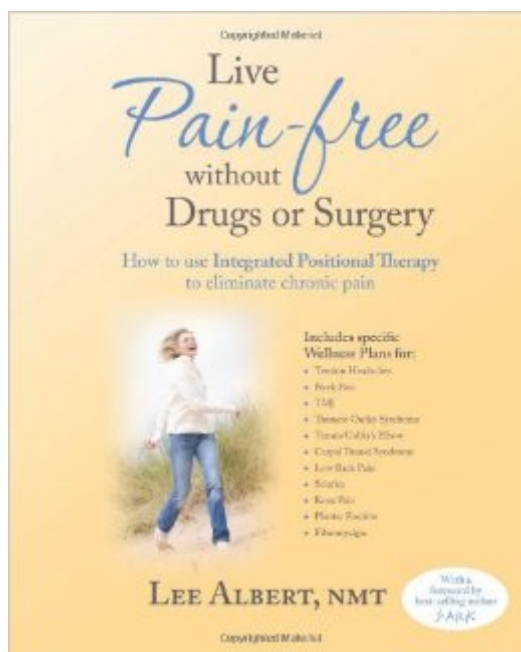


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# Live Pain Free Without Drugs Or Surgery: How To Use Integrated Positional Therapy To Eliminate Chronic Pain



## Synopsis

Live Pain-free Without Drugs or Surgery offers a practical, proven, easy-to-follow program (Integrated Positional Therapy) to reduce and even eliminate chronic muscular pain in only minutes a day through simple exercises and movements that anyone can do. Developed by neuromuscular therapist Lee Albert, NMT, Integrated Positional Therapy (IPT) incorporates techniques such as Strain/Counter-strain, Muscle Energy Technique, stretching and home care to re-align the body's structure and relieve pain caused by structural imbalances. IPT effectively treats pain patterns caused by injury, stress, repetitive strain, postural distortion and chronic neuromuscular conditions. Written in a clear and user-friendly manner, Live Pain-free Without Drugs or Surgery

## Book Information

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## Customer Reviews

Love this book! It is a do it yourself guide to free your body from pain and limited movement. Simple to use, well organized, no fluff and straight to the point. For many years I suffered from pain in my right SI joint, groin area and hip. When seated in cross legged position my right knee was at a 45 degree angle with a painful pull in the groin area and an ache in my hip. NO FUN. Tried physical therapy, chiropractic adjustments, myofascial release and massage. Nothing really worked. My fate took a turn when I tried the relax and stretch exercises from Appendix I along with the stretches from Appendix B of this book. My relief was immediate. The most productive exercise for me was the isometric abductor stretch. What a difference! In a matter of days my right knee went all the way to the ground when seated in cross legged easy pose. I continue to practice most exercises on a

regular basis to maintain my newly acquired pain-free range of motion. Thank you Lee for sharing your knowledge. Now, I do not depend on anyone to "fix me", I can do it myself!

I've suffered from neck and lower back pain for 16 years with no lasting relief from chiropractors or physical therapists. I do the exercises and "positional releases" from this book before bed, at my desk, and while driving so I don't have to take any time out of my day. The relief from pain is immediate and, when the pain comes back, it's less intense and less often. So easy!

I don't usually review this fast, but I have only done these exercises 4 times and my range of motion has increased and my pain level decreased dramatically. In two weeks time I expect to be pain free after 2 years of agony with sciatica. I have gone through three physical therapists, a physiatrist, an acupuncturist, massage therapy, and too many anti-inflammatories than my body can stand. Some things provided very temporary relief but nothing has worked like this. The book is short, sweet and right to the point. It is a plan that is so easy to incorporate into your daily life - not at all overwhelming like some of the other therapies I've tried or books I looked at. Every PT and Massage Therapist should have this as a basic first line therapy.

Instead of this, get a book by Dale Anderson or Robin McKenzie. This is the worst book on dealing with body pain available. Published in 2012, his website noted near the end is not up now, May 2015. This shows his lack of dedication. There are only fifteen pages of therapeutic exercises in its appendix, with one to four exercises on each page. Both the grainy photos themselves and the printed instructions are unclear, so one cannot always figure out what to do. What does "Push the tissues of the forearm toward the elbow" (p.99) mean? The next page has two photos of another forearm/elbow exercise: one photo is so poor that one cannot discern what the person is doing. For the latter, those with tennis elbow are instructed that the wrist should be bent backward. For golfer's (pitcher's) elbow it should be bent forward. What does "backward" and "forward" mean here? Hand-drawn pictures would have been better here, and instructions by someone who could write precisely. The author is yet another person who has invented his own "school," dubbed Integrated Positional Therapy (IPT). Like all such cult leaders, he has his devoted followers. At \$29.95 it is one of the more expensive books of its type.

Lee Albert, NMT, was working on this book when I took Positional Therapy Classes from him 5 years ago. I enjoyed his classes, and I've had wonderful successes teaching the techniques I

learned. Helping people find pain relief and restore full motion is amazing work! I could hardly wait to read Lee's book! When I got it, I read through it, then began studying and practicing the positions. While I was reading it in bed one night, my husband complained of his elbow hurting. I flipped to the section on elbow pain, then put his arm in the suggested position and performed the hold. It worked! His elbow pain was relieved! Muscle imbalances cause a host of problems! This book is a handy reference for what to do for yourself to relieve pain by re-balancing muscle tension. I recommend this book to my students, and to anyone experiencing the problems listed on the cover. PJ Brady, NMT, Atwater, OH

This is an excellent resource. I have taken Lee Albert's Positional Therapy Level 1 workshop at Kripalu Center in Lenox, Mass a few years ago and this expands upon that. Of particular help is the section on realigning the pelvis. I personally have had some low back issues L-4 and L-5 misalignment/arthritis and some spinal stenosis. By religiously doing these exercises I have avoided surgery so far! If you have a chance to get to Kripalu and take the positional therapy workshop, it is well worth it. It's for anyone—you don't need to be a massage therapist or a fitness professional. However, I am a yoga teacher and personal trainer and have found the stretches, techniques and suggestions very helpful for my classes and clients. I look forward to taking his Level 2 training soon!

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