

Live *Pain-free* without Drugs or Surgery

How to use Integrated Positional Therapy
to eliminate chronic pain



Includes specific
Wellness Plans for:

- Tension Headaches
- Neck Pain
- TMJ
- Thoracic Outlet Syndrome
- Tennis/Golfer's Elbow
- Carpal Tunnel Syndrome
- Low Back Pain
- Sciatica
- Knee Pain
- Plantar Fasciitis
- Fibromyalgia

LEE ALBERT, NMT

With a
foreword by
best-selling author
SARK

Lee Albert NMT

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Reduce or Eliminate Chronic Muscular Pain With These Gentle Exercises
Live Pain-free Without Medicines or Surgery presents a practical, proven, easy-to-follow system (Integrated Positional Therapy) to lessen and even remove chronic muscular pain in mere minutes a day time through basic exercises and movements that anyone can carry out. Developed by neuromuscular therapist Lee Albert, NMT, Integrated Positional Therapy (IPT) incorporates methods such as Strain/Counter-stress, Muscle Energy Technique, stretching and home care to re-align the body's structure and relieve pain due to structural imbalances. Written in a clear and user-friendly manner, Live Pain-free Without Drugs or Surgery includes complete descriptions and photos of the exercises as well as online videos to make the exercises extremely easy to follow at home. IPT successfully treats pain patterns caused by injury, stress, repetitive stress, postural distortion and persistent neuromuscular conditions. You can now benefit in your own home from the same basic program for permanent rest from neuromuscular discomfort without surgery or medications. The book offers precious information on fundamental body care and attention along with specific treatment protocols for eleven of the most common conditions that cause visitors to seek medical assistance: Headaches Neck and shoulder pain Low back again pain Knee pain Fibromyalgia Tennis and golfer's elbow Carpal tunnel syndrome TMJ Plantar fasciitis Thoracic store syndrome Sciatica Thousands of patients and students from around the globe possess benefited from Integrated Positional Therapy.



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exceptional book for self-treatment of muscle pain. Excellent book for personal treatment of all main muscular pains. I attended a lecture by the writer at Kripalu where he demonstrated his techniques on associates of the target audience and was compelled to purchase his book therefore i could practice this in the home. It has helped my 14-month tennis elbow in addition to chronic throat and shoulder pressure from computer work. Every PT and Massage Therapist must have this as a simple first collection therapy. It's for anyone-you won't need to be a therapeutic massage therapist or an exercise professional. This publication is a convenient reference for how to proceed for yourself to relieve pain by re-balancing muscle tension. Love this publication! It is a do it yourself guide to free your body from discomfort and limited motion. Sigh.For many years I suffered from pain in my best SI joint, groin area and hip. When seated in cross legged position my best knee was at a 45 degree angle with a painful pull in the groin area and an ache in my hip. NO FUN. A great reference publication, with simple techniques that have fantastic results! Nothing really worked. Lee is a good teacher, it is so easy so follow up the excersices on the book and apply them on myself and my customers. and deeply integrated knowledge of imbalance in our posture and limbs' motion patterns that may over time result in various & The book is short, nice and right to the point. What a difference!Thank you Lee for posting your understanding. I continue steadily to practice most exercises regularly to maintain my newly acquired pain-free range of motion. In just a matter of times my best knee went completely to the bottom when seated in cross legged easy pose. Right now, I do not depend on anyone to "fix me", I could do it myself! It Works I actually don't usually review this fast, but I have just done these exercises 4 times and my range of motion has increased and my discomfort level decreased dramatically. I could hardly wait to read Lee's book! I've been through three physical therapists, a physiatrist, an accupuncturist, therapeutic massage, and too many anti-inflammatories than my own body can stand. Some factors provided very temporary respite but nothing has worked like this. The most productive exercise for me personally was the isometric abductor extend. It really is a plan that is so easy to include into your lifestyle - never overwhelming like a few of the other therapies I've tried or books I viewed. Every PT should be trained in this type of therapy. Tried physical therapy, chiropractic adjustments, myofascial launch and massage. Lee Albert, NMT, was focusing on this reserve when I took Positional Therapy Classes from him 5 years ago. I loved his classes, and I've had amazing successes teaching the techniques I learned. Helping people find pain relief and restore full movement is amazing function! In two weeks time I be prepared to be pain free of charge after 2 years of agony with sciatica. 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 hubby complained of his elbow hurting. I flipped to the section on elbow pain, then put his arm in the suggested position and performed the keep. It worked well! His elbow pain was relieved! So, I'm focusing on modifying the poses for myself. State good-bye to pain. I would recommend this publication to my students, also to anyone experiencing the complications listed on the cover.PJ Brady, NMT, Atwater, OH Poorly written book with crappy llustrations For a buck 99 guess I shouldn't complain but come on! Noticed Lee Albert on PBS and was totally impressed by the man, his philosophy and approach to pain. Then he offers thoughtful guidance to help us, ourselves,to come back to balance & Actually?hadn't expected to have to do this myself. I've been waiting for this for years, and the book certainly delivers. Great information - doable exercises with good instructions - number .. easy to read and understand with great visible guidelines to check out. It is certainly amazing the therapy that can be done for yourself and the recovery that can occur!I have been privileged to be both a customer of Lee's where he worked his "magic" on my low back again and hips, and then I continued to take his first level of Positional Therapy out at Kripalu Center. He also helped my ex along with his hip when he was informed he had to have immediate surgery. The one treatment he previously from Lee offered him another 6 months, pain-free before he finally had to have a hip replacement surgery. I know my ex was astonished by this therefore grateful -- he ended up doing the training also.

painful consequences. Thanks for putting it all down in writing! My relief was immediate. Now so numerous others can reap the benefits of this wisdom, even if they can't get to Lee personally! Then he presents thoughtful guidance to help ... Very insightful, and deeply included understanding of imbalance in our posture and limbs' movement patterns that may over time lead to various & painful consequences. But this book displays minimal exercises, with incomplete guidelines and confusing illustrations.. Live Pain Free Without Drugs or Surgery That is a excellent resource. I have used Lee Albert's Positional Therapy Level 1 workshop at Kripalu Center in Lenox, Mass a few season ago and this expands upon that. Of particular help is the section on realigning the pelvis. Personally, i have had some low back issues L-4 and L-5 misalignment/arthritis and some spinal stenosis. By religiously carrying out these exercises I have avoided surgery up to now! Thank you Lee. Enjoy your yoga. However i am a yoga exercises teacher and personal trainer and have discovered the stretches, methods and suggestions very helpful for my classes and clients. Helpful Targeted stretches and exercises for various ailments. Great teacher and individual. My fate got a turn when I tried the relax and stretch exercises from Appendix I combined with the stretches from Appendix B of the book. And the best component is that they work. Since, I started carrying out them 6 months ago, my knee discomfort cause by playing basketball, yoga exercise and hiking is almost gone. when you have a opportunity to get to Kripalu and take the positional therapy workshop, it is well worth it. I anticipate taking his Level 2 training shortly! I found the suggested exercises to be ideal for my plantar fasciitis and obviously presented. Five Stars Great system that functions for me. Informational, but yoga poses provided don't work for my limitations. Simple to use, well organized, no fluff and right to the idea.. thus remove such discomfort. I cannot interact on the whole-hearted positive reviews on this one.. The informational text message (regarding health issues) is quite good, therefore i am rating this publication as a three superstar purchase despite being able to make use of of less than half of it. Bought the Peggy Cappy pain and arthritis DVDs with this after viewing the pain-reduction presentation on our public Television channel that Lee Albert and Peggy do. Her poses are much more user-friendly for someone with the amount of arthritis I've. Muscle imbalances result in a host of complications!.there is no way that I will be able to do also half of the poses included herein..but this is actually the extremely thing that I had purchased the publication for... Great wisdom from a expert teacher I was so happy to hear that Lee Albert had finally written a publication on his Positional Therapy technique! I will possess stuck with a supply for more chair-yoga exercises poses, I guess..... Have plenty of fine yoga exercises books that I could modify without having had to purchase this one.. I must be more decrepit than I thought. So. Great details - doable exercises with good instructions - number 5 5 of programs I've utilized for low back discomfort and am already having excellent results. Helpful but simplistic The right tips but very repetitive.



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