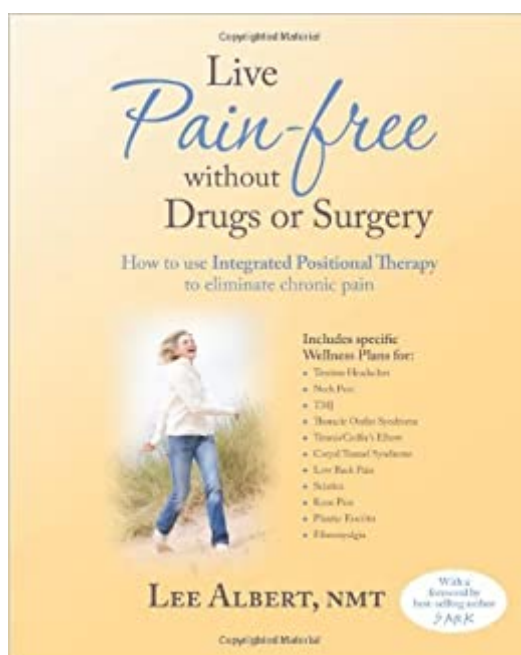


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# Live Pain Free Without Drugs Or Surgery: How To Use Integrated Positional Therapy To Eliminate Chronic Pain



## 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

This book is excellent! It addresses the cause of your symptoms. Is stopping your symptoms with drugs in any way addressing the cause of those symptoms? Or is it just expedient to hide the pain with drugs while you continue to make your problem worse? This book provides some of the very best solutions! Putting off recovery can push you past the point of no return. Covering up the symptoms with drugs can allow the problem to become permanent or even harder to heal. And often - - yes, often, surgery does not cure. These carefully worked out solutions allow the body to resume the correct alignment thus opening up nerve routes, relieving muscle spasms and increasing local blood flow - - You'll learn to use your body correctly and allow it to heal itself. The point is for you not to endure or cover up the pain, tingling and numbness but to give the body what

it needs to be self-correcting, to stop the cause of the symptoms (much of it just shifting habits).

--Maggie Lettvin, beloved exercise guru from PBS s "The Beautiful Machine"

Lee Albert, NMT, creator of Integrated Positional Therapy, is a nationally recognized expert in neuromuscular pain relief. For over 25 years he has helped people learn how to live a pain-free life using the tools and techniques of Integrated Positional Therapy. A highly popular Neuromuscular Therapist at the world-renowned Kripalu Center for Yoga & Health in Lenox, MA, Lee is trained in neuromuscular therapy, orthopedic massage, positional therapy, yoga therapy and myofascial release. In addition to treating patients one-on-one, Lee regularly conducts training seminars in Integrated Positional Therapy and consults with businesses on ergonomic training for employees to reduce workplace injuries. Lee is also a professional musician and enjoys gardening in his spare time.

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!

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

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.

Excellent book for self treatment of all the major muscular pains. I attended a lecture by the author at Kripalu where he demonstrated his techniques on members of the audience and was compelled to purchase his book so I could practice this at home. It has helped my 14-month tennis elbow as well as chronic neck and shoulder tension from computer work. Every PT should be trained in this type of therapy.

I work with clients all the time who have pain and while my toolbox is quite full with techniques that I have garnered over the years, this is definitely another good resource. The wrist exercise alone has in just a few short months, helped more than twenty of my friends and clients end the wrist pain that they had previously been convinced was "age related" and that they'd have to live with it. Not True! And this is full of exercises that work to end your pain. I highly recommend it for practitioners like myself as well as the average person who wants to heal themselves naturally. Kathi Casey, author of *STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye!*

I was so happy to hear that Lee Albert had finally written a book on his Positional Therapy technique! I've been waiting for this for years, and the book definitely delivers... easy to read and understand with great visual guidelines to follow. It is amazing the therapy you can do for yourself and the healing that can occur! I have been privileged to be both a client of Lee's where he worked his "magic" on my low back and hips, and then I went on to take his first level of Positional Therapy out at Kripalu Center. He also helped my ex with his hip when he was told he had to have immediate surgery. The one treatment he had from Lee gave him another 6 months, pain-free

before he finally had to have a hip replacement surgery. I know my ex was amazed by this and so grateful -- he ended up doing the training also. Now so many others can benefit from this wisdom, even if they can't get to Lee in person! Thanks for putting it all down in writing!

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!

We have a family member who is a body worker. This man was one of her teachers several years ago. She has given copies of this book to everyone! We admire the efficacy and simple wisdom of his suggestions. Clearly, the man knows what he is talking about. This is a great tool to have around the house! It is very empowering to be able to take care of some things without consulting a health care professional! Buy this book!

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