

Questions about how to get started managing your health and wellness?

Please call us today or set up a free consultation.

Greenwood Village Location

303-577-9977



Integrative Health Inc

Experts Providing Healthcare

About The Egoscue Method

Posture Alignment with The Egoscue Method

Welcome to posture alignment with The Egoscue Method®, the world leader in non-medical pain relief. Congratulations on taking the initiative to living a pain free life! The Egoscue Method helps thousands of people free themselves of chronic physical pain such as: TMJ, carpal tunnel, neck, back, knee and shoulder pain, and a plethora of other ailments. The Egoscue Method works regardless of your age or athletic background, although numerous professional athletes use this method to enhance their performance and extend their careers.

Our bodies are starving for healthy motion. This therapy takes us outside the box of repetitive motion and even lack of motion. Your appointments will consist of a detailed posture assessment, a personalized exercise menu based on your posture assessment, and completion of the menu with personal instruction. Your exercise menu will be emailed to you with pictures and detailed instructions for you to complete at home on a daily base. In one week you return for reassessment of your posture and a new menu of new movement stimulus based on your changing posture. 4-8 sessions are needed to correct posture and the amount depends on the severity of your posture dysfunctions. Leave it to a Certified Egoscue therapist to help you live a pain free active lifestyle.

Understanding The Egoscue Method

The Egoscue Method is health through motion. The Egoscue Method is not a form of treatment that chases after short term, symptomatic relief. Rather, symptoms provide a common sense starting point, a working frame of reference based on each individual's unique combination of strengths and limitations. The primary objective in the Egoscue method is to eliminate musculoskeletal system disparities and the resulting postural dysfunctions that interfere with pain-free living. The Egoscue Method uses healthy movements to correct your posture imbalances. By restoring muscular balance, skeletal alignment and the harmonious interplay of internal systems, the body takes a quantum leap in healing power, stamina and physical capability.

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Origin

The creator of this method, Pete Egoscue believes that the cause of musculoskeletal dysfunction, and subsequent pain, is the lack of motion that humans require to live and thrive without technology. The human body thrives on healthy motion. This means the majority of the modern human lifestyle which includes specific routine movements, driving a car and sitting at home watching TV with segments of walking and standing in between just is not enough to compare with the natural (technology free) life of running after prey, jumping over streams, climbing trees, throwing spears and a lot of walking. The point is the more humans design machines to do something for them, the more they are limiting their own physical motion.

Without the more physically active lifestyle humans had prior to technology, the body does not get the same full range of motion to strengthen the entire musculoskeletal system. After assessing your body posture, your therapist will instruct you in a personalized exercise menu designed to compensate for the lack of natural motion. Once you, with the help of your therapist, have returned your musculoskeletal system back to a functional state you are then encouraged to lead a more balanced lifestyle, focusing on getting more physical exercise/motion and doing the things you love to do in life, pain free.

Getting Started

Free consultation with a Certified Posture Alignment Specialist (Certified by The Egoscue University) or book your 1st appointment today! Available at the DTC office only, 303-577-9977.