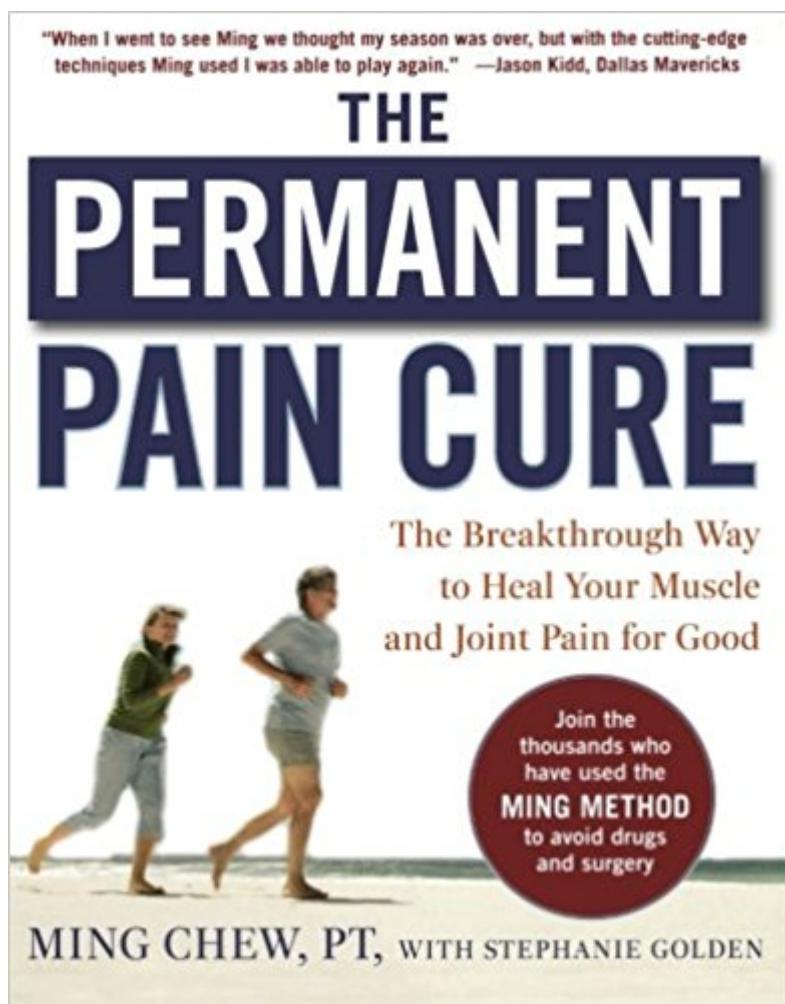


The book was found

The Permanent Pain Cure: The Breakthrough Way To Heal Your Muscle And Joint Pain For Good (PB)



Synopsis

FEATURED ON ESPNâ •the proven pain relief program used by professional athletes No drugs. No surgery. No pain! â œThe Ming Methodâ • for pain relief has worked wonders for New Jersey Nets star Jason Kidd, New York Yankeesâ™ Jason Giambi, movie star Matt Dillon, and other celebrities. Now, licensed physical therapist Ming Chew shares his world-famous program in this illustrated home guide, filled with innovative stretching techniques, hydration and supplementation tips, and prevention strategies. His method doesnâ™t just manage the pain, it cures itâ •for good.

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Customer Reviews

The Permanent Pain Cure covers the system that Ming uses to supplement the manual techniques he uses in his physical therapy practice. His methods comprise myofascial stretching and release techniques adapted largely from Guy Voyer, MD, DO and Mike Leahy's Active Release Techniques (ART). This is the only widely available book that I know of that teaches Voyer's myofascial stretching and ELDOA techniques (Ming does not use the term ELDOA, but rather spinal decompression stretches, which is basically what the French acronym ELDOA stands for). While the book does not cover the entire ELDOA and myofascial stretching system, it does teach key stretches that are probably of most benefit to the majority of readers. The ELDOAs that are shown appear to be selected according to the nerve roots that pass through the vertebral segments in question, e.g., delts, biceps, quads, hamstrings, etc. Many of the myofascial stretches are slightly modified from Guy Voyer's original versions (at least the versions I know). However, I also think some of Ming's modifications are nice improvements. Another reviewer commented on the difficulty

of the stretches. Having practiced many of Guy Voyer's stretches for the past three years and having attended his myofascial stretching seminar, I can attest to the difficulty of many of the stretches. This difficulty comes from the fact that many stretches require the simultaneous co-contraction of several muscles to create a properly targeted stretch. Another factor is that for many people, these stretches will target tissues that have never been stretched before, producing considerable resistance from the tight tissue. Consistent practice does make the stretches easier, and the payoff is well worth the effort.

I bought this book after being virtually crippled by a stress in my heel. I researched for weeks trying to figure out how to help this issue I had (I was unable to push off with my right foot when walking). I found this book on google books and began reading about it. I found it interesting because of it's knowledge of fascial tissue (yes fascial not facial). If you have never heard of fascial tissue this book is a must read to understand how pain can be relative. I am 21 years old and have had chronic sore knees for the past 3 years. I use to manage the pain with otc pain medicine like Ibuprofen. I was never happy to live on something like ibuprofen but I couldn't figure out any other options. This book begins by explaining that if my knees hurt chances are its not the knees, but somewhere in my facial line there is tightness causing a pull on my knees which causes pain there. I did some of the quadriceps stretches and BAM no more knee pain! I also have a very sore achy back from working at a desk and lifting weights. The author has a detailed walk thru of back stretches to do to correct that (he even explains which ones to do if you are a desk worker). The found the author to be credible as he is a former body building (IFBB certified) and also a Physical Therapist. A few reviewers have made comments about the supplements he recommends. If you read about those supplements they are very tolerated by the body. If you are timid about knowing what to buy you can get everything he recommends inside of the Animal Flex

Pack http://www..com/Universal-Nutrition-Animal-Flex-pckts/dp/B000HNHDRI/ref=sr_1_1?

Like most people I know, I have had chronic pain in certain areas of my body for ages. For me, it started with a moped accident when I was 17. I wasn't horribly injured, but my back and leg were yanked out of place and I was never quite the same after. At first, my lower back was affected. Then my hip, and my neck. After a few years, I went to a chiropractor. It helped a little, but it didn't actually fix me. The pain was just always nagging at me, getting worse over time. I tried acupuncture, yoga, weight lifting, Pilates, supplements, meditation, massage, those two little green balls, you name it. Nothing worked. Each time I'd be super hopeful, I'd get a little relief, but in the end it wasn't a

cure. Finding this book was like a miracle. I read some of the reviews here, and ordered it online. It was hard to just do the hydration part and be patient and not stretch. Still, I did it. I didn't actually do all of the supplementation he suggests though. What I did do was:-buy several good water bottles and keep them with me always to stay hydrated-buy and take fish oil, the systemic enzymes, and the hyaluronic acid-I already take a multiThe first time I did the stretches was like a revelation. It was like every stretch I'd ever done before this book was a joke. I'd never been able to properly stretch my neck in my life. When I did the side of neck stretch, I felt such profound relief I swear I was practically in tears. Seriously. You know what it's like when you have a terrible headache, and then you take some pain killers, and there's that moment when it goes away? The relief is awesome. Well, there are stretches in this book that are like that. They can actually make the pain go away.

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