



The Egoscue Method[®] Synopsis

The Egoscue Method[®] has had enormous success in helping people overcome their physical ailments. It is a technique that is attractive to many people because it is a common sense approach to the human body. The individual can see and feel the physical changes that take place as a result of their efforts. Associated with that is an increased feeling of confidence that accompanies the improved health that the individual is responsible for. A major concern of health care today is that of reduced costs and prevention. Our therapy requires no special equipment or dependency on anyone other than the individual. Because we do not treat the symptom, but instead look to restore optimum function to the body, prevention is also a benefit of The Egoscue Method[®].

This is an approach based on fundamental anatomical, physiological and biomechanical principles. By using the blueprint of the human body as a guide, the goal of our method is to bring about a state of muscular balance and internal homeostasis to the individual. A patient's symptoms do not dictate a formula for treatment, but instead provides insight into the individual's limitations. Our primary objective is to remove the person's postural dysfunction.

The impact of postural changes affects individuals in different ways and at different rates. A person's age, activity level and occupation are just some of the factors that will have a direct bearing on the degree a person will be anatomically affected. What is certain is that a given individual is highly susceptible to specific symptoms. The process begins with an alteration of normal joint mechanics. This alteration, or compensation, leads to a decrease in performance. The decrease in performance may be demonstrated in the way a person might deliver a curve ball or the way a person might have difficulty rising from a chair. Often these changes go unnoticed because the body unknowingly avoids the pain stimulus or the extra muscular demand. The mechanical changes eventually manifest themselves into a variety of pathologies and disorders if allowed to continue. These can include, but are not limited to, inflammatory responses to overstressed tendons and bursa, non-congruency of joint surfaces, unequal loading of the inter-vertebral discs, laxity of ligaments, muscle pain and ischemia.

These problems are not limited to the musculoskeletal system. AS the foundation of the body is removed from its efficiently functioning position, the nervous, circulatory, respiratory, and digestive systems can all be affected. The internal organs can become misaligned or compressed, neural pathways are disrupted or impinged and venous and arterial blood flow can be compromised. Any one or a combination of these scenarios can contribute to a multitude of medical problems.

What ever the symptoms we are presented with, The Egoscue Method[®] therapist will always “go with what we know”...the patient's posture.