

Karen Jorgensen, Certified Posture Alignment and Restoration Specialist.

Practical pain relief for practical people.

I am a Certified Posture Restoration and Alignment Specialist through Egoscue University (Trademark: The Egoscue Method – World leader in non-medical pain relief.). Because of the trademark restrictions, I will refer to the Method as Corrective Exercise Therapy.

WHAT IS CORRECTIVE EXERCISE THERAPY: I am trained to recognize structural and mechanical deviations of the standing anatomical structure (posture, movement and gait). From there I work to identify two very important details: dysfunctional muscles and compensating muscles. In dealing with long-term chronic pain, the site of the pain is rarely the source, unlike the pain we experience when we stub our toe. In most cases, the pain message is coming from the compensating muscle tissue that is doing its job plus someone else's. The pain does not dictate the therapy, but rather, helps form a basis, along with posture evaluation and movement analysis. I then set out to create a series of functional-demand exercises that affect change at the deeper axial skeleton. Clients learn simple movements and positions, called Exercises, specific to their unique postural circumstances and limitations, that stimulate key posture and gait muscles. I work off of a stimulus - response model and we take what the body will give. By returning the body to its proper alignment and restoring normal joint function, we positively impact, and over time, permanently mitigate the pain message. Because every muscle in the body forms an unbroken chain, Corrective Exercise Therapy treats the entire body as a unit, not focusing on one particular segment alone. The core belief here is

that the body has infinite abilities to heal itself, if given the right opportunity.

WHAT'S THE DIFFERENCE: This method differs from other modalities in many ways. First and foremost, it is NOT a segmental treatment (think physical therapy). No one muscle is more important than another. No one joint is more important than another. ALL must be brought back into balance together. 'Non-medical' means that there are no drugs, no manipulation (think massage, chiropractic and osteopathic), no surgeries, no expensive body props or braces (think special pillows, chairs, mattresses, shoes). Just simple things you do daily to bring the body back into a state of homeostatis (balance). Unlike Pilates, which puts primary emphasis on the pelvic position, C.E.T. begins with Pain Mitigation and moves on to a very important part of the puzzle ~ removing any rotational forces.

HOW WAS IT DISCOVERED: Pete Egoscue discovered this concept over 40 years ago in an effort to get out of his own debilitating pain. He calls himself a 'functional anatomist'. It's an amazing story. As is mine! Pete has written 5 books on the subject, and there are Egoscue Clinics around the world. Then there are people like me who get our education through Egoscue University in San Diego, and practice in our communities but do not wish to get involved in the franchise business end. We are called Posture Alignment Specialists. I completed my Advanced PAS in October 2006. I am in constant contact with Egoscue ~ they put on special study groups and training programs every month. Many of us are independently exploring the science of emotions and pain.

ABOUT ME: My personal story starts out with ~ PAIN. I had a horseback riding injury in 2001. It was the straw that broke the camel's back, as they say. Looking back on my lifetime of

crashes and injuries (beginning in the playpen) I can now see numerous incidents where I fell (quite violently) on my arse. Each incident jammed my ten pound head down on my spine. The final result being severe pain in the atlas/axis vertebrae region, severe disc damage throughout my neck, and extreme pain/stiffness traveling down to the entire neck structure to the trapezius muscles. Boy did my neck hurt. I could no longer do the things I loved (and some that I made a living at): skiing, cycling, hiking and horseback riding (let alone blow dry my hair or look over my shoulder while driving!). I spent the next 6 years looking for help, searching for answers. No matter what I tried, numerous modalities that all brought only a few moments of relief, no matter how much money I spent, I could find no lasting relief. No one could answer the questions: why do I hurt and what can I do about it. One Doctor looked at my x-rays and said, "You have arthritis, go get a massage." I was furious. Eventually I began to feel helpless and hopeless and, worst of all, depressed. Today I have been living a pain free life and doing the things I love to do for 6 years plus. It is nothing short of a miracle.

WHAT HAPPENS DURING A SESSION: You can expect to see and feel the difference the very first time we meet. My session times vary by client need - some take an hour, some take two or three. Whatever it takes and whatever works for you. We'll record pertinent info on your aches, pains, surgeries, etc... Then we take photos of your posture and begin to identify what is out of alignment. Finally, I begin to introduce specific movements and positions that correct the misalignments. The Ecises are printed out, with photos and detailed instructions for each one. You are required to perform your Program of Ecises (called your Menu) every day for 7-14 days, returning for your next session where we look at your posture and create a new Menu for the existing issues.

WHO CAN BENEFIT: I help people with issues surrounding necks, backs, shoulders, arms/elbows/hands/wrists, hips, knees, feet, and on and on. Add to that some pretty daunting issues like scoliosis; sciatica; damaged discs; degenerative hips; both 'spondy's"; lordosis/kyphosis; rotator cuff; TMJ/vertigo; spinal fusions; and that's the Short List. WHEW! There are special programs for each trimester of pregnancy, to assure a healthy pelvis position for the birth, as well as programs for pre and post breast cancer surgery patients. I have skills that can help a very broad spectrum of our population, from infants to the elderly, athletes to couch potatoes.

TO LEARN MORE: Attend one of my free lectures (see the Calendar on this site), or call me to schedule a private presentation (the cost is \$25 and can be applied to your purchase of any Program).

See the Web Site www.egoscue.com

An Interview with Pete Egoscue:

<http://www.shareguide.com/Egoscue.html>

Search Egoscue on YouTube for some great videos for specific pain issues.

Find all 5 of Pete's excellent books on Amazon, along with hundreds of reviews: The Egoscue Method of Health Through Motion; Pain Free, A Revolutionary Method for Stopping Chronic Pain; Pain Free for Women: The Revolutionary Program for Ending Chronic Pain; Pain Free At Your PC; Lets Lighten Up (comes with a wonderful DVD of exercises); and Pain Free Living: The Egoscue Method for Strength, Harmony, and Happiness

In his recent book, Pete Egoscue takes his world-renowned program of postural therapy--which treats chronic

musculoskeletal pain without drugs, surgery, or manipulation--to a whole new level. Using Eastern religions as a guide, he explores the mental and emotional, as well as physiological, processes of his Method. Egoscue's unique system has transformed the well being of hundreds of thousands of people through personalized stretches and exercises that strengthen specific muscles, restore proper alignment, and leave the body feeling the way it was designed to be: pain free.

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CLIENT TESTEMONIALS: "Can really feel the difference when I finish the exercises and notice how easily my muscles go back to where I started the following day. So I recognized the need to do them every day." Brenda M., Green Valley, AZ

"okay, wow...wow...wow...major relief in that neck/shoulder area!!!! Thank you Thank you Thank you!! I'm sure it will sneak back today, but right now, right after the menu it feels great. Also, I feel more pressure in the balls of my feet than I did yesterday, and much more balanced. My gait feels pretty good, not clunky like it usually is." Chris E., Skagway, AK

"You are special, thanks so much. I am feeling stronger each minute well almost it seems like each minute. I got out of the car tonight and didn't have to do the jiggle dance. That was great. I am doing the exercise 2 times a day." Jacque V., Sahuarta, AZ

"Thanks Karen. I did the excises again yesterday and feel really good today. I'm about to do it again in a few minutes. I am so much more aware of everything I do. This is one of the best things I have eve discovered. I am so grateful. I have also referred you to a few friends already. I hope they will call you." Jaime W., Tucson, AZ

"For the most part, I have felt pain free all week, except the day we lifted boxes up the stairs for an hour. Some time in Static Back took care of that!" Nicole C., Ketchican, AK

"I am doing quite well. Despite not having done many e-cises for much of the last week, I have had no setbacks in my hip. I started e-cising again tonight." Tom L., Monthon, PA

“For years and years I used to go to a different Doctor/Practitioner for every issue I had, treating my aches and pains as if they were separate and unconnected. P.T. for knee pain. Acupuncture and massage for back pain. Chiro or Osteo for neck pain. Ignoring the hip pain, hoping it would go away. I was treating my body in segments, and chasing symptoms. Egoscue taught me that the body works as a unit. I felt like I had finally found the ‘Owners’ Manual’ for my body. My knee pain disappeared in three days. Back pain followed in a few weeks. Neck took some time, as did the hip. These issues that have been coming on for tens and twenties of years, well, you have to stick with it and take every little success you get. It’s like peeling an onion, removing layer after layer of musculoskeletal dysfunction.” Karen B., Tucson, AZ