

# Book offers proven method to relieve pain

By Bob Shryock

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**A** former Gloucester County high school quarterback who learned to play with pain is making a career out of helping others learn to function pain-free.

Founder of his own San Diego-based company, "Function First," in 1994, former Woodbury Heights resident Anthony Carey, M.A., C.S.C.S. has written his first book, "The Pain-Free Program," billed as a proven method to relieve back, neck, shoulder and joint pain.

"We work with chronic aches and pains that haven't done well with traditional treatment," says Carey.

Carey, whose parents and brother still reside in Gloucester County, was a high profile quarterback and strong safety on one of Gateway's best teams, the 1984 squad that shared the Colonial championship with Paulsboro and Sterling. His interest in sports medicine already piqued, Carey graduated in 1985.

After receiving his undergraduate degree in exercise physiology from Trenton State (College of New Jersey) in 1989, Carey went on to earn his masters in athletic training and biochemistry at San Diego State. He worked with the school's football team, whose star player, NFL all-pro running back Marshall Faulk, remains a close friend.

But Carey says he lost his desire to work in clinical exercise and after collecting his masters started "Function First," which, simply stated, allows people to better control their lives by showing them how to function pain-free.

Writes Carey, "Our program has benefited people who felt hopeless because we looked beyond the symptoms that everyone else was chasing. The Function First philosophy works because when the body is given the right stimuli it will function and heal the way it was designed to."

He said his book helps sufferers of chronic back, neck and shoulder pain find "lasting relief." It is designed to help people assess and



**ANTHONY CAREY**  
Author of 'The Pain-Free Program'

treat the underlying causes of their pain.

"The goal of the book is not to dismiss the medical system, but to open you up to the possibility that the route you have always taken

may not be the best one.

"Addressing the alignment of the body's structure and its relationship to how you move is based on fundamental principles of physics and the human anatomy. The relationship between posture and pain is well documented in scientific literature. By not trying to 'fix' anyone's symptoms and by addressing alignment and movement, we provide the body with an opportunity to restore and heal itself."

Carey recommends exercise programs which fit lifestyles, but emphasizes that the most essential ingredient to success is understanding how the human body functions and how its parts work together.

Carey's book says "everyone wins" in the Function First program: The aging, the injured, the accident victim, pain sufferers, and, of course, athletes regardless their performance level.

Former NFL quarterback Erik Kramer says he is a "lifetime believer," adding "I continue to uti-

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# Book: Helping others learn to function pain-free

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lize Anthony's techniques to train and heal my body every day. I only wish I would have found his program earlier in my career."

Says former NFL lineman Dave Meggyesy, "Anthony Carey is breaking new ground in presenting ways to help us all lead healthier lives."

"Folks who come to us are now more pro-active," Carey says.

Carey and his wife Champagne, a native of Southern California, have a 9-month-old daughter, Alexis. He returns to South Jersey to visit family at least twice a year. Featured recently in a *New York Times* story, Carey is biochemical consultant for Jazzercise International and is continuing education provider for American Council on Exercise, National Strength and Conditioning Association, American College of Sports Medicine, and National Academy of Sports Medicine.

Published by John Wiley & Sons, Inc., Carey's book sells for \$15.95.

