

# Presidio Sentinel

SERVING THE HEART OF SAN DIEGO

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**Anthony Carey, MA, CSCS, CES, is an exercise physiologist and the biomechanical consultant for Jazzercise International.**

## Is A Pain Free Existence Possible?

Alongside AIDS, cancer, trauma and other global health crises, the World Health Organization now rates acute or chronic pain as one of the greatest healthcare problems worldwide. In the United States alone, almost half of all households have someone suffering from chronic pain. Arthritis, injuries and trauma, and back or spinal pain account for 85% of chronic pain conditions.

In particular, musculoskeletal conditions affect hundreds of millions of people, at a huge cost to society. Half to two-thirds of pain sufferers are less able or unable to enjoy normal sleep, perform household chores, attend

social activities, drive, walk, or have sexual relations. One in four say it has affected their family relationships, and one in five suffer depression due to their pain.

The bottom line is that if you're one of the millions who suffer from chronic back, neck, shoulder, and joint pain, all you can think about is relief. Now, exercise physiologist Anthony Carey, MA, CSCS, CES, presents a breakthrough whole-body approach to pain relief that will help your body function and heal the way it was designed to.

For more than a decade, San Diego-based corrective exercise specialist Anthony Carey has helped people relieve pain and regain mobility using a unique series of whole-body exercise programs that focus on finding the underlying cause of pain rather than simply trying to "fix" the symptom area alone. Now, Carey shares his proven approach in the new book *The Pain Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain* (John Wiley & Sons).

Available in bookstores nationwide and Amazon.com, *The Pain-Free Program* offers Carey's customized routines to alleviate pain and improve function, fitness and physical appearance. Carey presents an individualized program for each body type described, complete with

exercise descriptions and modifications as well as over 100 photographs and illustrations that show readers appropriate positions and techniques.

Carey says his message is different. The approach isn't mainstream. And his book is a means to reach people in the comfort of their homes, where they are comfortable.

About the program, "You can learn how to live, work and play without pain," said Carey. "Your body can be taught or re-taught to move with the greatest of ease. A body that moves with ease moves without stress. If you remove the stress, you remove the strain. If you remove the strain, you remove the pain," said Carey.

In conjunction with the American Council on Exercise, Carey instructs fitness professionals in his techniques at Movement By Design seminars throughout the country, as recently featured in *The New York Times* and to be introduced in an upcoming issue of "O," Oprah's publication.

Carey says that his program provides solutions for people who haven't had success with other attempts. "We empower our clients with solutions."

He's pleased to have worked with over 1,000 people who have expressed their compelling testimonies that pain free living is possible.

Function First offices are headquartered at 2700 Adams Avenue, #205.