Local Posture Doctor Says “Bring Back the Book” for Pain Relief

With pain killing drugs under the microscope, one local doctor is setting out to prove that good posture and muscle balance is the key to avoiding drug dependence and finally achieving long term pain relief.

By conducting a 30-day “Pain Relief through Muscle Balance” pilot trial, he will be testing the effects of a new posture therapy method on back pain, neck pain, headaches, and other common painful musculoskeletal conditions. And yes, it does involve balancing a book on your head!

Dr. Steven Hoffman of Core Wellness in Jeffersonville created the new “Myobalance Method” and is the lead investigator in the study. “Now we’re just looking for 30 people for the study who are dealing with pain and are willing to learn how they can treat themselves through muscle balance. It’s also a great deal because we’re absorbing over 2/3’s of the cost!”

The first 30 who qualify for the trial will receive $634 worth of before and after assessments, weekly “hands on” muscle balance treatments, weekly posture training sessions, therapeutic lifestyle change coaching, and a DVD home training system.

Dr. Hoffman continues, “The Myobalance Method simplifies posture correction and rescues you from the downward spiral of painful, unhealthy aging that occurs when you start to hunch over. Using these new techniques I learned from my teachers in Prague, we’re able to relax tight muscles, release blocked joints, and flood the body with good calming input, which eliminates pain”

More details and the online application can be found at www.painrelieftrial.com and you can learn more about Dr. Hoffman and the Core Wellness philosophy at www.gettoyourcore.com.