



Pain-Free Sitting, Standing, and Walking: Alleviate Chronic Pain by Relearning Natural Movement Patterns

Craig Williamson

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Most of us take the acts of sitting, standing, and walking for granted, but for those suffering from back, muscle, and joint pain, even these seemingly simple actions can be extremely uncomfortable. Poor body alignment or habitual movement patterns that crop up when we compensate for a bad back or painful neck can only further exacerbate existing issues—and create new problems.

In this accessible workbook, Craig Williamson, a respected occupational and massage therapist, demonstrates how by just doing these three basic actions with optimal body alignment and attention, you can help free yourself from existing pain and prevent further injury.

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