



Instant Relief: Tell Me Where It Hurts and I'll Tell You What to Do

Peggy Brill, Susan Suffes

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A renowned physical therapist helps you get rid of your pain in just 10 seconds.

In this one-of-a-kind book, Peggy Brill, acclaimed author of **The Core Program**, shows you how to find relief from chronic and everyday aches and pains as well as all those stress-related pains that can attack so suddenly—whether you're at work, in a car or a plane, at home with your kids, recovering from surgery, or relaxing in bed. Instant Relief provides 100 clearly illustrated, easy-to-do 10-second exercises that provide immediate therapy for every part of your body—from your head to your toes.

- *Does your upper body ache after hours of hunching over a report due by the end of the day?*

Try doing the Brill Chicken. For extra relief, there's the Dead Brill Chicken.

- *Desperate to get rid of that tension headache?*

Try the Tongue Press, the Ear Tug, the Cheek Release, or the Scalp Glide.

- *Is your lower back killing you?*

Do the Pelvic Rock or the Pelvic Clock.

- *Feel those calves cramping up again?*

Do the Ankle Pump.

- *Need something to relieve your aching feet?*

Try the Foot Dome, the Toe Lift, or a simple self-massage.

- *Does your knee hurt when you walk downstairs?*

Do the Squeeze and Step.

From the Paperback edition.

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Jack Crawford:

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