



Muscular Retraining for Pain-Free Living

Craig Williamson

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Here's an innovative and practical approach to eliminating chronic muscle pain, written by a popular occupational therapist with thirty years of experience freeing people from the discomfort of tendonitis, lower back pain, and neck and shoulder tension. These types of chronic pain can be caused by a number of factors, including old injuries, habitual movement patterns, problems with body alignment, psychological causes, and inability to sense your own body movements accurately. *Muscular Retraining for Pain-Free Living* clearly and concisely explains the causes of persistent muscle pain and offers a therapeutic exercise program to address these problems and end pain.

This book explains the basic principles behind Williamson Muscular Retraining, which helps people to use their bodies more efficiently and gracefully, in a way that is practical and easy to understand. The problems of poor posture, muscle tension, and stress-caused pain are corrected by seeing them through the lens of kinesthetic awareness. The importance of kinesthetic awareness is typically overlooked precisely because it is lacking in so much of our population, including health care practitioners. *Retraining for Pain-Free Living* presents case examples of how people have used body awareness to improve how they sit, stand, and move - to rid themselves of ongoing muscular pain.

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