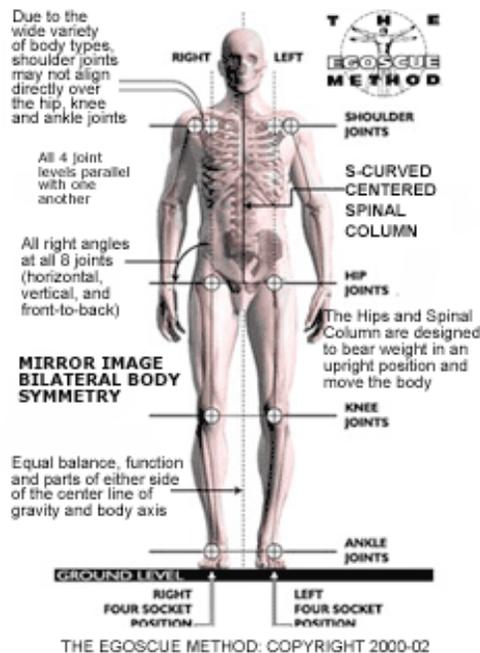


## The Egoscue Method Therapy (Synopsis)

The Egoscue Method is an approach to **therapeutic exercises** that is based on **fundamental anatomical, physiological and biomechanical principles**. By using the blueprint of the human body as a guide, the goal of the Method is to bring about a state of **muscular balance** and **internal homeostasis** to the



individual. It is not a form of treatment that seeks short term, symptomatic relief. A patient's symptoms do not dictate an instant formula for treatment, but instead provide a beginning frame of reference based on each individual's unique limitation. Our primary objective applies to everyone we treat and that is to remove the person's structural dysfunction.

The "**blueprint**" we speak of is one that is familiar to all health professionals—the **standing normal anatomical position**. In the sagittal plane, the axis of the hip, knee and ankle joints are directly aligned. The head sits evenly between the shoulders and the hips are level. In the coronal plane, the mastoid process should sit directly over the shoulder joint; the shoulder, hip, knee and ankle joints should be vertically aligned. In

the transverse plane, there should be no rotation of the torso on a fixed pelvis. There should be no rotation of the humerus, femurs or shank outside what is considered appropriate in the literature.

An individual whose body deviates from this design must do so for a reason. That reason is, (in cases not involving past trauma), a **muscular imbalance in strength and/or flexibility**. Standing posture, for the sake of argument is a static position. It provides essential information to the therapist in predicting what the body will do dynamically. These predictions can be confirmed and often reinforced by observing the patient's gait. Because postural and structural changes occur over time, the length-tension relationship of the muscles is part of that change. Also occurring as a part of that change is atrophy of the unstimulated muscles and compensation by other muscles and muscle groups. These postural changes then begin to directly impact joint mechanics.

[www.egosucue.com](http://www.egosucue.com)

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