

Meet Our Therapists:

We are all Certified Postural Alignment Therapists from Egoscue University. Our extensive and varied backgrounds create the Pain Free Performance team of experts.



Cindy Meyers is a licensed Physical Therapy Assistant. She has an extensive background with orthopedic injuries and she specializes in strain/counterstrain techniques. She also owned and operated a fitness facility for over 16 years.



Mackie Boblette received his Egoscue training from Pete Egoscue and developed a mastery of this method working alongside Pete over the course of 15 years. He has additional training in Laban Movement Analysis and is a licensed Massage Therapist.



Kat Draego is an NASM-certified personal trainer, and Functional Movement Specialist. She provides Egoscue-informed personal training and designs workouts that achieve traditional fitness goals safely and effectively.



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restore posture • create balance • live pain free

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PAIN FREE
performance
CERTIFIED BY EGOSCUE
UNIVERSITY

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ARE YOU IN PAIN?

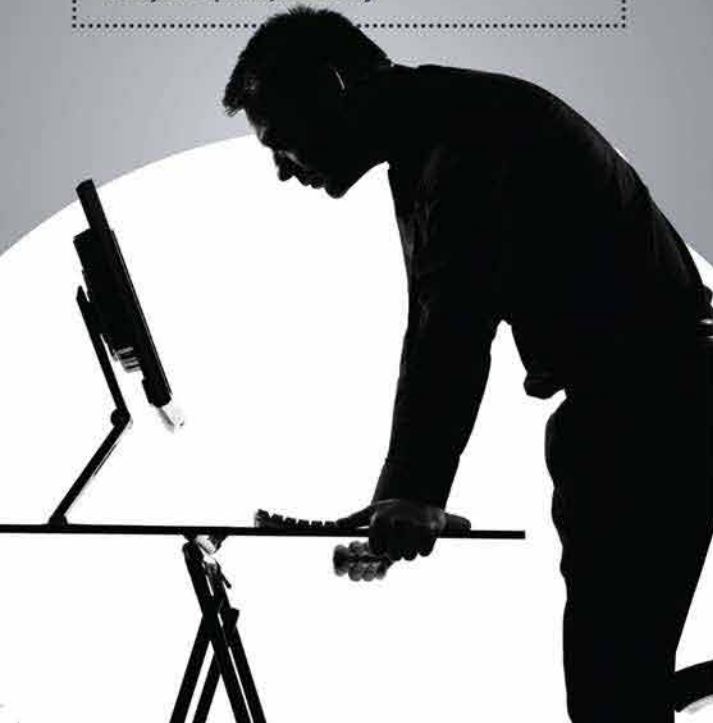
You've tried everything...therapy, medication, activity, rest. There is relief... but still the pain returns.

DON'T GIVE UP.

Pain Free Performance takes a fresh and proven approach to resolving your pain. We uncover the source of your pain by looking at the entire body, while most therapies look at the symptom or point of pain. We believe that most musculoskeletal pain develops because the body is out of alignment. This causes wear and tear in the joints. Muscles become imbalanced and inefficient. These imbalances lead to the pain.

PAIN FREE PERFORMANCE RETURNS YOUR BODY TO OPTIMAL ALIGNMENT AND YOU BECOME PAIN FREE!

Our Mission is to empower you with tools to restore balance to your body. *A balanced body is a pain free body.*



“A pain free active lifestyle is not only possible, it is the way you should expect to feel and live” —Pete Egoscue

An initial evaluation includes extensive analysis of postural alignment and movement. We utilize photos, gait analysis and an assessment of functional movement patterns.

Based on your individual analysis, you will be instructed in a specific sequence of movements and positions - the order being the key to your success. This daily program re-trains your muscles to change the position of your joints and skeletal system.

As the body is guided toward your optimal alignment, you begin to move with greater ease and your pain resolves.

RESTORE POSTURE • CREATE BALANCE • LIVE PAIN FREE

Testimonials

“I want to tell you how great I feel. The truth is, I was in so much pain before I didn't even care anymore. I didn't think anything would help and I never dreamed my knee would get better. There is a sign in your office that says “motion = health”. Oh how true that is. I am aware of my body in a way I have never experienced. I still have a ways to go and I want the numbness to go away, but I can move. I have walked around in wonder at the fact I can move, and mostly without pain! I feel more stable, and oddly enough more graceful. Well, graceful has never been a term to describe me, but there is a fluidity of movement I can't remember experiencing.” —J.R

“Magical is the only word to describe how I feel. For the first time in years, my knee does not hurt - at all! When I get up in the middle of the night, I realized that I habitually held onto the dresser, a chair back, and limp my way to the bathroom. With my hand on the dresser, I stopped and realized I didn't need to hold on. WOW! Thank you for a truly pain free performance!” —Sugie B.

“The most significant experience for me was realizing this was a “do it yourself” program of exercises to develop and improve body wellness. All I can say is THANK YOU!”

“I am grateful to Pain Free Performance for helping me with my back and neck pain. Everyone I worked with was professional and compassionate and treatments made a huge difference in my symptoms. Pain Free Performance also gave me strategies to help with recurrences in the future. Thank you! I would happily recommend Pain Free Performance to my patients and friends.” —Andrea Tribastone M.D.