

NO MORE PAIN AND SUFFERING !!

The Precision Method by Dr. Jou

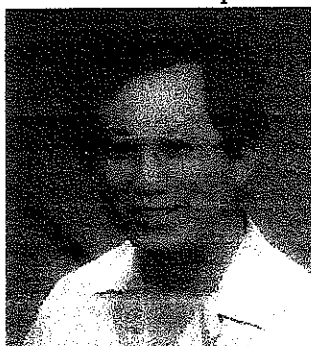
No Drug ! No Injection ! No Surgery !

There is a misconception among healthcare providers and general public about back pain. In car accident, slip/fall, sprain/strain, sports, soft tissue injury (muscle/fascia strain) is the true cause of pain, not disc herniation (pinched nerve) or other conditions of the spine. Such injury can be diagnosed through manual examination of the involved muscle/fascia for tenderness, tightness, weakness, limited motion and postural changes. X-rays and MRI are not needed. **Acute and chronic back pain** can be treated successfully and cost-effectively within a short period of time focusing on soft tissue release with light touch (*Touch-and-Hold & Stretch-and-Hold of The Precision Method*) but not by surgery, injection, medication, exercise, acupuncture or manipulation. Without proper treatment, it may remain unresolved and disabling for years. *A diagnosis with no regard to soft tissue injury is deemed to be a misdiagnosis; a treatment with no regard to soft tissue injury is deemed to be ineffective.*



The same approach can be applied to other parts of the body: head, eye, nose, mouth, tongue, face, ear, TMJ, neck, shoulder, arm, hand, fingers, rib cage, breast, abdomen, spine, pubis, perineum, tailbone, hip, thigh, knee, leg, ankle, foot, heel, toes; as well as many pain-related conditions: fibromyalgia, chronic fatigue syndrome, pre-menstrual syndrome, endometriosis, shingles pain, contusion, burn, wound, post-polio syndrome, post-stroke, scoliosis, kyphosis, migraine headache, scalp numbness/noise, dizziness, tinnitus, motion sickness, blurred vision, eye blinking, drooping eyelid, ingrown eyelashes, dry eyes, strabismus, earache, plugged ears, facial tic, facial numbness, trigeminal neuralgia, Bell's palsy, dropped jaw, lockjaw, loss of smell/taste, burning mouth syndrome, restless lips/chin, drooling, dropped head syndrome, spasmodic torticollis, restless neck, hiccups, dysphagia, snoring, vocal cord dysfunction, frozen shoulder, rotator cuff tear, habitual shoulder dislocation, thoracic outlet syndrome, tennis elbow, de Quervain's disease, restless hand, wrist drop, carpal tunnel syndrome, trigger finger, contractures, focal dystonia, knuckle pad, deformed finger/toe nail, costochondritis, intercostal neuritis, sleep apnea, irritable bowel syndrome, acid reflux, hiatal hernia, stomach cramps, irritable bladder, urgency/frequency/stress incontinence of urine/bowel, Peyronie's disease, impotence, sexual pain, vaginal tightness/cramp/laxity, prolapse of vagina/uterus/hemorrhoids/rectum, varicose veins, leg stump pain, knock-knee, shin splint, leg cramps, restless legs syndrome, Achilles tendon tightness, plantar fasciitis, neuroma, shuffling gait, bunion, club foot, edema/numbness/coldness in hand/foot, etc.

Dr. Jou is a board-certified specialist in Physical Medicine & Rehabilitation and has expertise with more than 35 years of experience in the diagnosis and treatment of soft tissue injury. He has treated thousands of patients and achieved 90-100% success rate. His unique **The Precision Method** has been proven to be so effective in resolving the true sources of pain that no one should ever have to learn to live with pain. Both its theory and practice are well written in his book "No More Pain All Pain Considered - A Breakthrough". *Free Telephone Consultation!*



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