The Egoscue Method of Health Through Motion lets you rediscover the body's power to protect and rejuvenate itself.  The client's posture is photographed and digitally analyzed. Tailored sets of highly effective daily exercises stretch, strengthen and relax the body, allowing a return to proper alignment. This method seeks to predict the symptom based upon unique combinations of dysfunctional biomechanics and compensation.  Reassessments and changes to the exercise regimen are done every couple of weeks. Usually 6-8 weeks.