

About US

Miles of Healing is a center that focuses on Postural Alignment certified by Egoscue University. The method of treatment can significantly decrease pain and eliminate pain in all body joints. When you come in for the evaluation you will have pictures taken of posture and those pictures are input into the computer software program. The specialist will note all posture discrepancies and generate a program menu to naturally realign the body using "e-cise" and poses. Pain relief can be seen after one treatment. As the program progresses pictures will be taken again so the client can visually see the results they are getting from the program. This program will put the body back to properly aligned posture eliminating pain that is caused from the body compensating, and using muscles in a dysfunctional way. After the body begins to use muscles for proper motion the body begins to heal itself regenerating tissue that you thought were not able to be fixed. This program is great for people in need of joint replacements, suffering from arthritis, chronic back pain, and even athletes.

Miles of Healing has a small retail front that offers Vibram Five Finger minimalist shoes to increase the ROM and muscle structure in the lower leg that our traditional shoes support. While there is a time and place for those supportive shoes, it is also good to give your foot a work-out, the barefoot way, and use those small muscles the way the foot was intended and Vibram Five Fingers fully supports that.

Miles of Healing retails all postural equipment used in the center for treatment; such as Egoscue equipment, bolsters, blocks, straps, towers, and also has many products used for yoga; including bricks, mats and socks.

**Miles of Healing
4920 Waterloo RD, STE A
Ellicott City, MD 21043**



help for chronic pain

**Postural restoration
Pain relief
Arthritis
Alternative to joint
replacement
Vibram five fingers®
AdvoCare products™**



NOW OPEN

miles of healing

Postural Alignment Specialist
Certified by Egoscue University

4920 Waterloo Road, Suite A · Ellicott City MD 21043

410-750-2270 · www.milesofhealing.com

Contact

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Product

We are affiliated with:

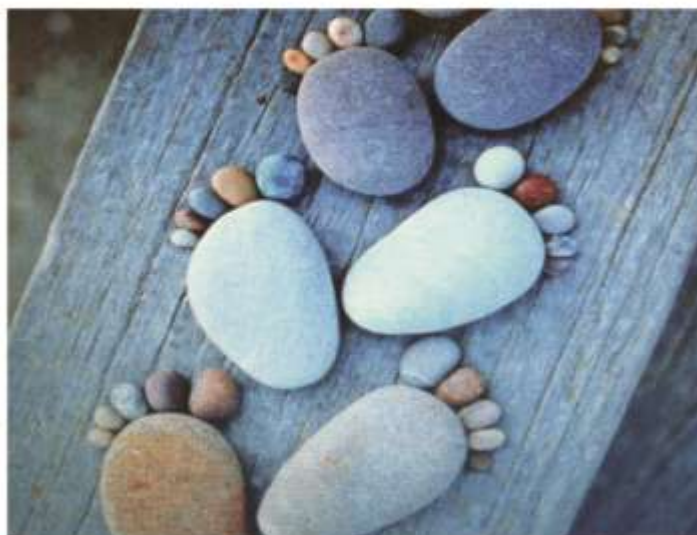
Railyard Fitness™

Vibram five fingers®

AdvoCare Products™

LifeAdvantage™

**Be sure and ask us about them
at the center and see us on the
web at www.milesofhealing.com**



What to Expect

Evaluation will show what your posture issues are, what joints are impacted. Photos will be taken for before pictures so you can visibly see the results as we progress. A program will then be put together for your specific needs. We will educate you and make sure you can correctly complete the program before you leave the center. Follow up appointments are discussed at the time of evaluation.

Initial Evaluation fee is \$250. Plan to spend 1 -1/2 to 2 hours for initial evaluation.

After evaluation is complete prices are \$125 per visit.

Package rates are:

**5 follow ups \$500
10 follow ups \$1050
20 follow ups \$2150**

Follow up sessions can be shared in a family once initial evaluation is complete.

Wear comfortable clothing for optimal motion with session, preferably T-shirts to make it easier to see any posture abnormalities. You are asked to go barefoot or use a minimal shoe such as Vibram five fingers® during sessions.