

bought this e-book was so that you can prepare yourself when you visit a medical professional. If you walk into a consultation unprepared, the type of treatment that you will receive is probably pre-planned, based on what the doctor or physiotherapist is doing that day as part of their routine. If you want to be part of his or her routine you will probably get the same 'routine remedies and that is usually "A NON-SATISFACTORY OUTCOME". Even worse, you may be advised to have an operation, be prescribed drugs that may be addictive, or enter a long treatment program that ends up not stopping the real cause of your pain - the shortening of the *iliopsoas*!

Why is this e-book important?

Simply put, most people, and more worryingly many doctors and healthcare professionals, do not know about the *iliopsoas* muscles and the vital roles that they play in the human body. No doubt trainee doctors studied the muscle during long 'boring' anatomy classes at medical school but their memories have dimmed with time as they no longer need to remember the detailed anatomy for medical examinations, or anatomical facts that they rarely use on a day-to-day basis in clinical practise. The most knowledgeable people are surgeons but they usually give the impression that they are only interested in operating on people, without first arriving at a truly correct diagnosis! The rest of the medical healthcare team often do little to stop the deterioration of the body and in fact may make it happen faster through misdiagnosis and inappropriate treatments. For example, a physiotherapist making patients with back pain do standard sit-ups is actually making the *iliopsoas* shorter, having no effects on the pain (indeed usually making it worse), resulting in more surgical cases for orthopedic surgeons, but you will learn more about this topic later.