

Incredibly Effective Treatment

Active Release Technique for Chronic Back Pain

WITHIN YOUR BODY ARE MUSCLES LYING atop muscles and running between and through them are blood vessels and nerves. When we extend a leg



some, muscles shorten while others lengthen--as do the nerves and blood vessels. We want them all to glide freely, without friction, on and past each other. When they don't, there can be loss of motion, weakness, and

pain that can radiate down an arm or leg. The culprit usually is fibrous adhesions. These cause tissues to stick together in a way that restricts normal motion resulting in pain and weakness.

Where do these adhesions come from? Inflammation. It is inflammation which attracts specialized cells that cause fibrotic adhesions. Inflammation can occur abruptly, for example, from tearing a muscle while performing a karate kick. It can also occur slowly, such as poor posture placing undue strain on ligaments, muscles, and tendons; or from prolonged repetitive motion, such as a mail handler would do sorting mail all day or what an individual working at a computer for hours would experience. If the inflammation and the resulting adhesions persist, a cycle of pain and dysfunction will ensue.

Common conditions that result from these processes are carpal tunnel syndrome, neck pain, shoulder pain, rotator cuff syndrome, elbow or arm pain, lower back pain, hip, leg, or knee pain, plantar fasciitis, and foot pain. Traditional treatment usually addresses only the symptoms without addressing the cause. Ultrasound, massage, ice, and heat are not usually effective. Surgery is all



too often used with unimpressive results. Chiropractic adjustments have better success, but also don't address the adhesions effecting the muscles, fascia, ligaments, blood vessels and nerves.

Nothing in the last sixteen years has been as effective in treating a wide range of conditions as Active Release Technique (ART). The treatment aims to eliminate scar or fibrous adhesions within the soft tissues, thereby arresting the pain and restoring the range of motion, strength, and function. ART practitioners undergo extensive hands on training and must be tested to obtain certification. Patients who have tried every kind of treatment available, with little or no lasting results, usually respond immediately and require only a few sessions to resolve their condition. If anyone suffering with conditions ranging from numbness on the bottom of the feet to carpal tunnel syndrome or from pain lasting a couple of weeks to years hasn't tried ART, they have not tried state-of-the-art treatment for musculoskeletal pain.

Dr. Jeff Hansen, DC has been in practice for over 15 years, and has a chiropractic and wellness clinic in Yorba Linda. For more information, you can call (714) 779-1605. ■