

After 30 Years of Headaches They're Finally Gone!

Mike had been suffering from the repercussions of an auto accident that took place when he was a young man. The headaches were severe and debilitating, forcing him out of the Marine Corps, and ending a lifelong dream of a career in the military. Mike had tried medical doctors, acupuncturists, massage therapy, and other chiropractors, with no end to his incessant migraines.

Mike was introduced to active release technique (ART). Within the first two weeks of treatment he had only one headache. After a month, the daily headaches were virtually gone.

His headaches began in his neck and the base of his skull. It was in this spot where a nerve was entrapped—stuck to a muscle that it wrapped around. Tension from his muscles irritated this nerve, resulting in headaches. No drug, massage, acupuncture, or adjustment could release this nerve from being adhered to the muscle that it wrapped around.

Using ART, the tension in his muscles was relieved, freeing up the stuck nerve and allowing it to floss freely on, past, and through muscles it came in contact with.

Active release technique is an amazing specialized treatment that breaks up and removes fibrous scarring on muscles, ligaments, tendons, and nerves. In response to either direct trauma or prolonged postural positions, soft tissues are subject to varying degrees of inflammation. The result is fibrosis, which can shorten these soft tissues as well as cause nerves to stick to them. Nerves are supposed to move or floss freely through our bodies. If they get stuck, the result is pain. If the sciatic nerve gets entrapped by muscles (in the

buttocks, for example), that person will likely have buttocks pain radiating into the leg. This frequently gets misdiagnosed as a bulging or herniated disc. Other nerve entrapments cause numbness, pain, or tingling down one's arm into the hands. In Mike's case a nerve was entrapped at the base of his skull creating severe headaches.

From pain in the lower back, neck, shoulders, hips, knees, ankles, or foot, ART has

been the most effective tool in treating soft tissues injuries. Results are just short of miraculous, quick, and in most cases, permanent.

Dr. Jeff Hansen D.C. has been in practice for 18 years and has a chiropractic and wellness center in Yorba Linda. For more information, you can call (714) 779-1605. You can also visit the web site at www.HansenChiropractic.com □

