

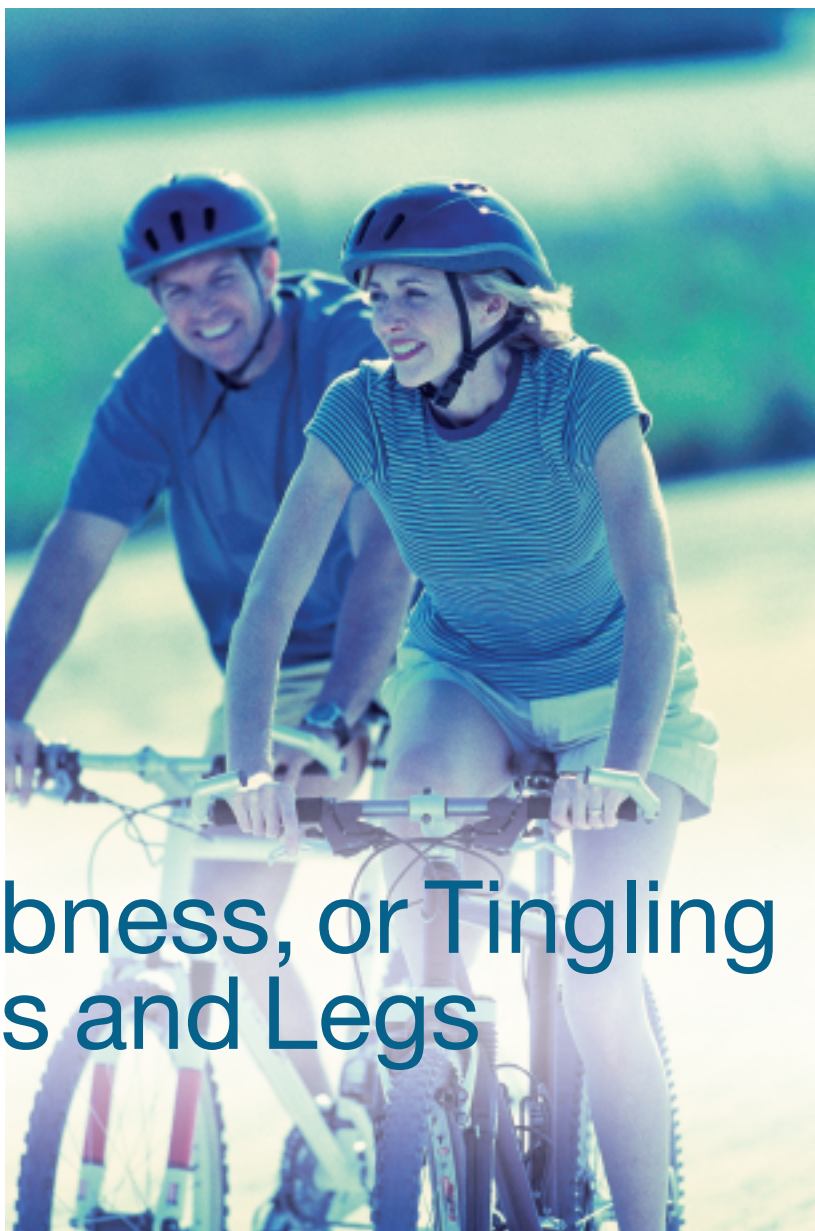
“This thing comes from here and goes down into here,”

Dave pointed from his lower back to his buttocks and back of his leg. “I’ve tried everything but it keeps coming back. The doctors say it’s my disc and if the cortisone injections don’t work, I might need surgery. A friend told me he had the same thing and you fixed it in a few treatments. With something called ART, that’s why I’m here.” Active release technique, or ART, is an amazing treatment that removes fibrotic adhesions on

## Pain, Numbness, or Tingling of the Arms and Legs

and between muscles, ligaments, tendons, and nerves. In this particular case, Dave’s sciatic nerve was stuck by adhesions to the piriformis, which is a muscle deep in the buttocks. Normally a nerve should move freely or floss through, on, or past all the muscles it travels by on its journey through the body. Dave couldn’t remember pulling anything, but he is an avid golfer and tennis player. His original injury could have been a subtle pull of his muscle. The resultant inflammation, aggravated by sitting at a desk created fibrotic adhesions. These adhesions acted like glue, sticking the nerve to muscle.

The presentation is similar to that of a bulging disc and is commonly diagnosed incorrectly as such. What is amazing about ART is results are seen after one treatment. In Dave’s case, special long tract nerve protocols



of ART were used and his pain was gone after the third treatment.

Long tract nerve protocols are a special form of ART, which specifically address radiation of pain, numbness, or tingling. These radiations most commonly travel into ones buttocks, legs, feet, shoulder, arms, and hands, and are a result of nerves being stuck to muscles. Instead of sliding through, they are now being pulled. This creates a radiation of pain or tingling into the arms, hands, legs, or feet.

Another example of a nerve being stuck to muscles is carpal tunnel syndrome. Here, a

muscle in the forearm called the pronator entraps the median nerves. People with this condition usually respond to a few treatments. Anyone with radiating pain, numbness, or tingling owes it to himself or herself to try ART and its long tract protocols—they will be amazed with the results.

Dr. Jeff Hansen, DC has been in practice for over 17 years and has a chiropractic and wellness clinic in Yorba Linda. For more information, you can call (714) 779-1605. You can also visit them on the web at [www.hansenchiropractic.com](http://www.hansenchiropractic.com) ✦