

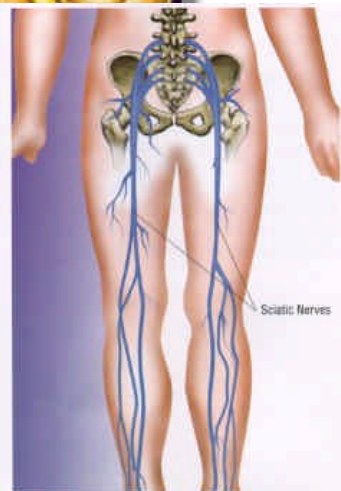
## Our Treatment Objectives

### Resolve your condition.

Our primary treatment objective is to resolve whatever condition you are dealing with. We are not interested in seeing you for the same condition over and over again. Our success rate is over 90% at resolving conditions.

### Provide you with a rehabilitative strategy so your condition does not return.

Every patient who is treated at our clinic is given appropriate rehabilitative exercises. These exercises include exercises for the four cornerstones of rehabilitation: flexibility, strength, cardiovascular and balance.



### Edgemont Chiropractic Soft Tissue Management Systems

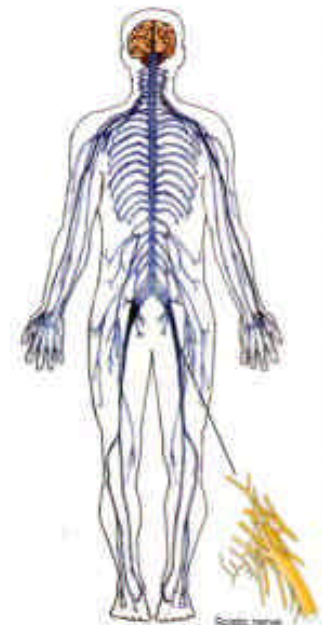
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This material is not intended to be a substitute for professional medical advice. You should not use this material to diagnose or treat a health condition or disease without consulting with a qualified healthcare provider.

# Sciatica



## Active Release Technique

## The Logical Solution

In medicine, it is generally believed that Sciatica is commonly caused by the compression of the nerve root at the Lumbar Disc or Foramen.



My experiences, both professional and personal, have caused me to change and adapt a new perspective.

Like most Chiropractors, I treated Sciatica with a variety of standard procedures and achieved relatively good results.

In most cases, our patients (after an extended period of care) got to a point where they experienced little or no pain as long as they received *regular maintenance care*. Unfortunately,

nately the need for ongoing maintenance care often indicates that the root cause has not been resolved.

### **Finding a lasting solution**

Active Release Technique has revealed that **Sciatica is more often caused by peripheral nerve entrapments** rather than by nerve root entrapments at the Foramen and Disc.

Significant improvement or resolution in Sciatica cases, within only two or three patient visits, is not uncommon when ART is used to free up the peripheral entrapment sites. In fact, for many of our previous patients that had been diagnosed with disc problems, we have seen complete resolution of all symptoms.

Some of the common sites for peripheral entrapment of the Sciatic nerve can be found:

- Between the hamstrings.
- Attached to the Adductor Magnus and hamstrings muscles.
- Attached to the Superior Gemelli muscle as the Sciatic nerve passes over this muscle.
- Attached to the Piriformis muscle as the Sciatic Nerve passes under or through the Piriformis muscle.

### **Active Release Technique® (ART®)**

Active Release Technique® (ART®) has been shown to be very effective in the

treatment of Sciatica. Rather than just addressing just one area, ART® restores unimpeded motion and function to all soft tissues.

The Active Release Techniques® (ART®) Soft-Tissue Management System is a new and highly successful approach to injuries of muscles, tendons, fascia, nerves, and the surrounding soft tissues.

### **The Goal of Active Release Technique**

The goal of ART® is to restore optimal texture and motion, restore the function of the soft tissue and release any entrapped nerves or blood vessels. This is accomplished through the removal of adhesions, or fibrosis, in the soft tissues via the application of specific protocols. Adhesions can occur as a result of acute injury, repetitive motion, and constant pressure or tension. ART® eliminates the pain and dysfunction associated with these adhesions.

### **Our Success rate is over 90%.**

Considering our success rate at treating sciatica we should be your first choice in treatment.

For more information or to make an appointment please call 241-3772.