

Repetitive Motion Injury

Repetitive-motion injury is a function of specific physical factors that can be measured. To understand how repetitive-motion injuries occur, it's helpful to review the model of repetitive motion.

Repetitive Motion Formula

(Copy write Dr. Mike Leahy)

$$I = NF/AR$$

- ✍ I = Insult to the tissue
- ✍ N = Number of repetitions
- ✍ F = Force of tension of each repetition as a percent of maximum muscle strength
- ✍ A = Amplitude of each motion
- ✍ R = Relaxation of time between repetitions (lack of pressure or tension on the tissue involved)

The only way to decrease the incidence of "carpal tunnel syndrome" or CTD is to manipulate these four factors and thereby reduce the total insult to the tissues. There are four options.

- ✍ Decrease the number of repetitions
- ✍ Decrease the force required for each repetition.
- ✍ Increase the amplitude of each repetition.
- ✍ increase the relaxation time between repetitions.

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

Edgemont Chiropractic Soft Tissue Management Systems

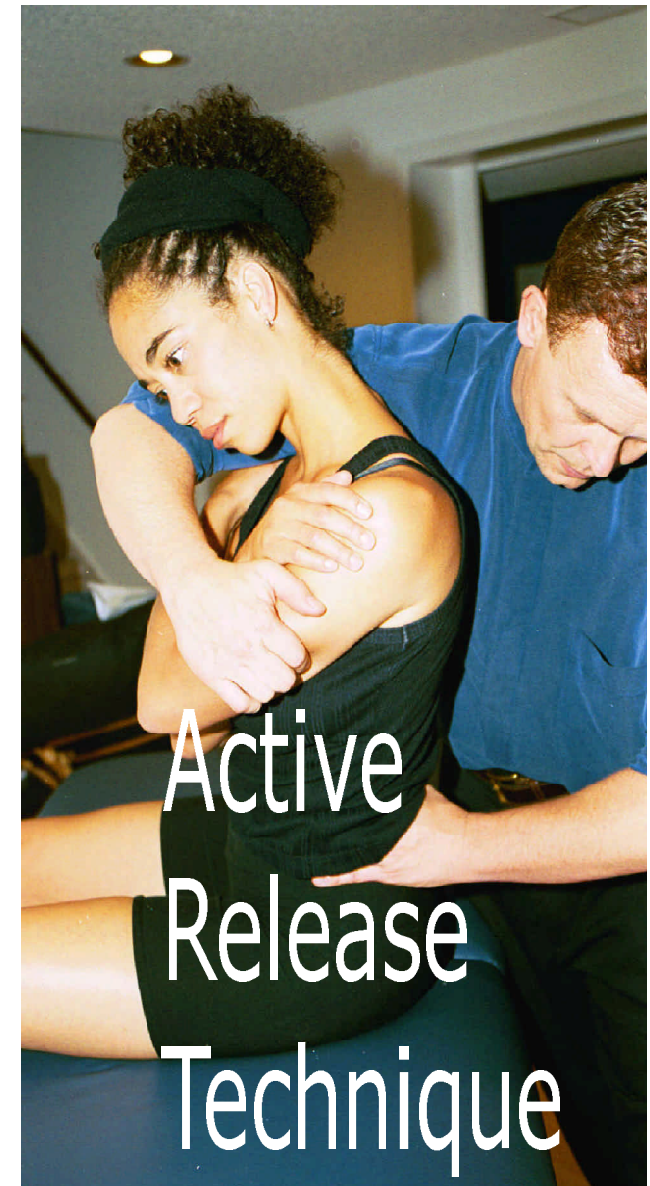
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Active Release Technique® (ART®) provides a way to diagnose and treat the cause of cumulative trauma disorders which often result in symptoms such as numbness, tingling, burning, and aching. ART® is a hands-on therapy that corrects muscular and soft tissue problems caused by the adhesion formations that occur with overuse or cumulative trauma.

Cumulative trauma and overuse of soft tissue causes Repetitive Stress Injuries (RSI). Soft tissue that is forced to perform the same job over and over becomes irritated and then inflamed. The body responds to that inflammation by laying down scar tissue in an attempt to stabilize the area. This scar tissue, in turn, causes further inflammation and begins an ongoing cycle that worsens the condition. The longer this condition persists, the harder it is to break this cycle.

The incidence of RSI is skyrocketing. Recently, health care costs for RSI in the U.S. surpassed costs for low back pain as the largest health care expenditure. It is estimated that the cost of RSI's in the US alone exceeds \$110 billion yearly. Much of this expenditure could have been avoided by applying the active release technique.

Big names like Donovan Bailey (Olympic gold medallist) and Gary Roberts (hockey player) have benefitted from ART®. Roberts, who suffered through two neck surgeries that failed to correct his dizzy spells, credits Dr. Leahy and ART® with correcting the problem and allowing him to return to hockey. ART® can help everyone - from the athlete, to the office worker, to the home keeper. Many professional athletes have great respect for ART® and its almost miraculous effects.

This very effective technique is not easy to master. Because training is hands-on, proficiency at ART® takes a long time to develop. The right touch is the most difficult aspect to learn. It takes a strong commitment of time, effort, and resources.

As patients, it is important to verify that your ART® practitioner has undergone the rigorous training and testing provided by Dr. Mike Leahy. Accredited individuals must pass both the written and practical examination with a greater than 90% proficiency. Accredited individuals must also maintain their qualifications by passing yearly examinations, as new techniques are often added to the ART® protocols.

Active Release Technique® is non-invasive, is very safe, has virtually no side effects, and has an impressive record of producing very good results. Treatments can feel uncomfortable during the movement phases, as the scar tissue or adhesions break-up. This discomfort is temporary, and subsides almost immediately after the treatment. It is common to feel a duplication of your pain symptoms during the treatment (a good indication that the problem has been identified). Patients report that "it hurts good".

Treatments take 8-15 minutes for each area being treated, and may require 2-10 visits.

Dr. Abelson is an assistant instructor in ART, and is certified in all levels of ART training. This training includes level 3 bio-mechanical training in Ironman Performance care.

