

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 "repetitive motion injuries 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.

Considering ART's success rate at treating Plantar Fasciitis, ART is the logical first choice in treatment. For more information or to make an appointment please call 241-3772.

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Plantar Fasciitis



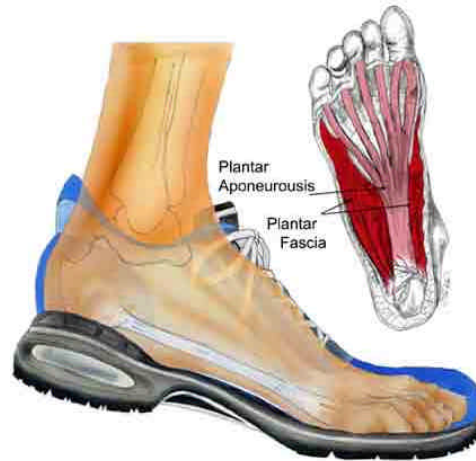
An Inaccurate Diagnosis

Plantar fasciitis is a term that refers to pain on the bottom of the foot. It is a condition that tends to respond poorly to treatment.

The actual plantar fascia is not the common cause of pain on the bottom of the foot. The Plantar aponeurosis, a long tendon in the bottom of your foot is often involved. Two muscles, the Quadratus plantae and the Flexor digitorum brevis, frequently contribute to the problem.

Long distance walking, running cycling, or just standing can overwork these muscles. As they are chronically overworked, they start to shorten. When a muscle shortens, it is less resilient and is more easily damaged.

As the Plantar aponeurosis and the muscles shorten, they produce pain in the bottom of the foot. An inaccurate diagnosis like "plantar fasciitis" can lead to failed treatment. The pain and muscular dysfunction can seriously affect both your training and racing performance.



What can you do?

Active Release Technique® (ART®)

Active Release Technique® (ART®) has been shown to be very effective in the treatment of Plantar fasciitis. 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 ART® Soft-Tissue Management System provides a way to diagnose and treat the underlying etiology of Cumulative Trauma

Trained providers are able to diagnose the presence of abnormal inflammation and adhesion by examining tissue texture, tension, and movement. The ART® Soft-Tissue Management System has a success rate that surpasses 90 percent.

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.

