



Repetitive Motion Injury

Repetitive Motion Injuries result from a combination of specific physical factors that can be measured.

To understand how Repetitive Motion Injuries occur, it is helpful to review the model of repetitive motion.

Repetitive Motion Formula

(Copy write Dr. Mike Leahy)

$$I = \frac{N * F}{A * R}$$

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 time between repetitions.
 (Length of time when there is a lack of pressure or tension on the involved tissue).

Due to its incredible success rate at treating Golfers Elbow, ART is the logical first choice for treatment of this condition.

For more information or to make an appointment, please call 403-241-3772.

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Golfer's Elbow

Medial Epicondylitis



Active Release Technique

*The Preferred Choice
of Treatment*

Golfers Elbow (also known as Medial Epicondylitis) responds extremely well to treatments with Active Release Technique. Within four to six treatments, we have a proven success rate of well over 90%.

Surgeries for Golfers Elbow are typically performed for about 10-15% of the severe cases. I feel that most of these surgeries could have been avoided if ART treatments were used.

What causes it?

Golfers Elbow is caused by inflammation of the tendons at their attachment sites.

Golfer's Elbow usually occurs when rigid, underused tendons are suddenly stressed. This can be caused by direct trauma, overuse, improper technique, equipment error (grip size), and even problems from repetitive motion.

Repetitive motion is the most common cause of Golfers Elbow.

Why is it so painful?

With Golfers Elbow, when you experience muscle and tendon pain, the tendon is literally being pulled from the bone.

This injury starts with microscopic tears in the muscle tissue that lead to a series of inflammatory responses including:

- Tissue inflammation.
- Scarring and formation of adhesions.
- Shortening of the tendon.

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.

If this problem is not treated correctly your elbow will continue to be re-injured. Worse, your game will suffer! (Yes...we are also keen golfers!)

Active Release Technique® (ART®)

ART is a relatively new, and highly successful approach, for the treatment of injuries to muscles, tendons, fascia, nerves, and surrounding soft tissues. ART has proven to be very effective for the treatment of Golfers Elbow, with a success rate exceeding 90%.

Traditional treatments address only one area, but ART restores unimpeded motion and function to all soft tissues associated with Golfers Elbow.

ART provides a means to diagnose and treat the underlying causes of *Cumulative Trauma Disorders*. Typical symptoms include numbness, tingling, burning, and aching. The goal of ART is to:

- Restore optimal texture and motion.
- Restore the function of the soft tissue.
- Release any entrapped nerves or blood vessels.

This is accomplished through the removal of adhesions in the soft tissues through the application of specific ART protocols.

What should I expect during an ART treatment?

During an ART session, we examine tissue texture, tension, and movement to identify the presence of abnormal inflammation and adhesions.

ART practitioners then physically work the tissue back to its normal texture, tension, and length by using various ART specific hand positions and soft tissue manipulation methods.

The process of breaking up the adhesions treatment can be uncomfortable to the patient, but the results are immediate.

Once the soft tissue has returned to its normal state, the ART practitioner prescribes specific exercise to strengthen the tissue and prevent reoccurrences of the injury.

Unlike most therapies, ART does not require extended periods of rest before you notice results. Patients see significant improvements to the area of injury after only two or three sessions.