

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.

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

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Carpal Tunnel Syndrome

Active Release Technique

The Preferred Choice Of Treatment

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Traditional medical treatment and surgical interventions for Carpal Tunnel Syndrome have been resoundingly unsuccessful. This failure is largely due to the over-emphasis on the role of the carpal tunnel with regards to peripheral nerve entrapments.

Often ignored are the 18 other common nerve entrapment sites that can result in carpal tunnel-like syndrome. The most common site of nerve entrapment is actually further up the arm, in a muscle called the Pronator Terres. Errors in diagnosis and treatment often contribute to the chronic and severe nature of these cases.

Statistics show that bracing (often prescribed by doctors) causes Carpal Tunnel Syndrome to worsen.

Active Release Technique® (ART®)

Active Release Technique® (ART®) has been shown to be very effective in the treatment of Carpal Tunnel Syndrome. 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 Disorder that causes symptoms of numbness, tingling, burning, and aching. 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.

We believe that the ART® Soft-Tissue Management System is the future of CTD care.

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.

**ART is over 90%
effective at treating
Carpal Tunnel Syndrome.**

A Successful resolution is defined as one that returns to full work capacity with little or no discomfort and requires no maintenance treatment

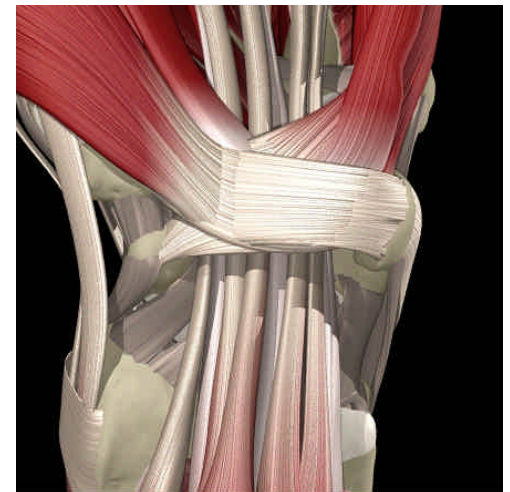
What should I expect during an ART treatment?

ART® finds the tissue that is injured and physically works it back to its normal texture, tension, and length using various hand positions and soft tissue manipulation methods.

While breaking up the adhesions can be uncomfortable at times, it is important to reproduce the symptoms during the treatment to ensure that the correct soft tissue structures are being addressed.

Once the soft tissue has returned to its normal state, specific exercise are prescribed.

Unlike most therapies, ART® does not require extended periods of rest before you notice results. You usually see significant improvements to the injury after only 2-3 sessions.



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**Surgery is commonly avoided with
Active Release Technique.**