

Swimmers Shoulder Injuries

Active Release Technique is solving eventhe toughest cases without injections, surgery or physical therapy.

Active Release Technique (ART)

ART is a patented, state of the art soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves.

Even when most doctors say medications or surgery is the only answer, ART may still be able to resolve the symptoms and put you back on the courts and into your best game.



What conditions benefit from Active Release Technique?

ART may also be used to successfully treat these other upper extremity soft-tissue injuries

- Tennis and golfers elbow
- Carpal tunnel syndrome
- Hip, knee and ankle pain
- Low back pain
- Plantar fasciitis
- Stress headaches
- Pain between shoulder blade

What causes Swimmers Shoulder?

Swimmers shoulder is a repetitive injury, which is usually caused by poor technique, muscle imbalance, mechanical restrictions, scar tissue between muscles or increasing your workout or intensity too quickly.

Shoulder injuries are the 3rd most common musculoskeletal complaint in the U.S. The shoulder has the greatest range of motion in the human body and is anchored only by muscles, tendons and ligaments. The shoulder joint is surrounded by four muscles and their tendons, which are collectively referred to as the rotator cuff. The rotator cuff is surrounded by an empty sac or bursa, which helps the tendons slide. The rotator cuff is susceptible to many problems which can cause weakness, tenderness and pain. As you get older the rotator cuff tendons degenerate and weaken. Therefore it is extremely important that you have appropriate levels of strength, flexibility and stability in the rotator cuff muscles and supporting structures. An imbalance of any of these can lead to improper range of motion, pain or injury. Many times there is an imbalance of the anterior muscles such as pecs and subscapularis that pull the shoulder forward. When this happens the rotator cuff and mid-back muscles begin to fatigue and weaken, due to trying to pull the shoulder back into it normal position.

When and injury is due to muscle or mechanical restrictions, the result is decreased range of motion, stroke and time. When there is scar tissue or adhesions between muscles, there is a decrease in blood flow, oxygen and nutrients to the muscles. The muscles then begin to shut down and usually cause a dull achy pain or a feeling of weakness. I conduct a full body evaluation from the ankle up to the neck to determine where the problem is coming from.

How does Active Release work?

When an injury occurs to a muscle, tendon or ligament, it tends to become tight and inflamed. A cycle begins to take place where friction and inflammation around the injured area increases, causing the area to swell and constricting normal blood flow. The body's natural response to this inflammation and reduced circulation is fibrosis and adhesions.

This fibrosis and adhesions glues together the muscle fibers and surrounding structures, leading to pain and improper function. The muscles become tight, leathery and bound-up with a higher probability to injure again. The pain comes and goes causing each flare-up to a little worse than the previous. Hence, the cycle continues. Physical therapy, massage and even chiropractic typically cannot fix this problem. At this point, most doctors would perform surgery, leaving "Frankenstein" scars over the area, with minimal results and months of rehab.

After an injury, only Active Release can put soft tissue back to what nature intended. Dr. Leahy, the founder of Active Release techniques, explains more, "The 'art' of it all is being able to know where to look for adhesions, how to feel for them and how to use active motion of the body part to break them up." Active motion separates this procedure from most other soft-tissue manipulation techniques. "To break an adhesion, you actually have to put your thumb and fingers on it and make it move in a way that breaks it away from the tissue."

During a session, which can last as long as an hour and as short as a few minutes, both the doctor and patient can feel the adhesion rip apart. "It kind of hurts," Leahy says. But most people describe it as 'hurts good'." Only six to twelve sessions are needed to fix most problems. The results can be so instantaneous that many patients can work out or swim after a treatment. While some patients need further treatments, most can maintain the improvements with a proper diet, exercise and stretching program.

OptimumHealth

CHIROPRACTIC

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Patient Testimonials

After initially injuring my rotator cuff playing college tennis 20 years ago, I am happy to say that Dr. Tuchscherer has been the first person out of many to finally fix my shoulder. I have been to physical therapists, massage therapists, acupuncturists and medical doctors and none of them were able to help my shoulder. After my treatments from Dr. Tuchscherer, I have been able to play tennis everyday with no more pain or discomfort. I am a true believer in A.R.T. Thank you so much Dr. Tuchscherer, for helping me get back to the game I love.

*Eric Rose, Tennis Director
Gates Tennis Center*

"ART has allowed me to return to computer graphics and my dream of starting my own video-game company. I am a college student who was suffering for three years from CTS and had to switch majors until coming across ART. Thank you so much!"

Branimir Beric

"My injury left me with no chance of ever playing hockey again. Now, after being treated with ART and a proper rehabilitation program, I have completely regained my career in Hockey."

*Gary Roberts NHL Forward
North Carolina Hurricanes*

"Making action films has really been tough on my body. Thanks to Dr. Leahy and Active Release Techniques, I'm able to perform! After treatment, I feel great ... ready for the next challenging role."

Danny Glover