

Tennis Elbow 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

- Shoulder Pain/Torn Rotator Cuffs
- Impingement Syndromes
- Frozen Shoulders
- Tennis and Golfers Elbow
- Wrist pain
- Carpal Tunnel Syndrome

What is tennis elbow?

Classic “tennis elbow” is an injury of the tendons of the forearm where they attach into the elbow (also called lateral epicondylitis). What ART can do for tennis elbow has to do with the muscles that the tendons are attached to. The muscles in the forearm connect to the elbow on one end, and to the fingers and the wrist on the other end.

When repeated injury occurs to this muscle and tendon complex, it will build up layers of inflexible scar tissue that binds up the muscles and places an increased tension on the tendons in the elbow and wrist. Over time, this increased tension can lead to inflammation in the tendons. Even worse, the increased tension will cause a reduced blood supply to the tendons and continual repeated strain to the tendons so that they don’t every fully heal.

How does Active Release work?

ART removes scar tissue and reduces the strain to the tendons, allowing the healing process to begin. If the inflammatory process is not reversed at an early stage, you run the risk of permanent organization of fibrin, adhesions and scar tissue. These may perpetuate constant pain both during and after activity, so the sooner we can diagnose and treat the condition the better it is for you. There are four phases to developing tennis elbow:

1. Pain post playing
2. Pain both pre and post activity with no functional disability
3. Pain both pre and post activity with functional disability
4. Constant pain with functional disability

How long does treatment take?

A session can last as long as an hour or as short as a few minutes depending on the severity of the injury and the amount of scar tissue that has built up. In some cases, only three to six sessions are needed to fix the injury, but others may be more involved. During this session the doctor and the patient can feel the adhesion breaking up. The results can be so instantaneous that many patients can go right back to playing tennis after a treatment.

Most individuals with tennis elbow will see good improvement in their condition in about 2 to 4 weeks of ART treatment. The rest of their improvement comes from them using the rehab techniques that we teach you in the office, which are very similar to what a good rehab-based physical therapy clinic uses.

More involved cases may require some level of rest (though not always complete rest from all activities, sometimes just reducing intensity or frequency of tennis). It also will require stretching, strengthening and a gradual reconditioning to get you back to playing as hard and as much as you want. We have approximately 90% success rate with these conditions, with around 10% needing to use other techniques such as cortisone shots or prolonged rest from the activities that aggravate their condition.

Chances are you've probably tried most of the treatment approaches, but minus the ART. This will often cause people to lose faith in the whole rehabilitative process altogether. Usually you are doing many of the right things, but you are neglecting the one important factor that ART addresses in a tennis elbow case. This can be the key to getting you back on the courts playing at full-strength again.

OptimumHealth

CHIROPRACTIC

Dr. Ryan Tuchscherer

Specializing in Soft Tissue and Sports Injuries

400 S. Colorado Blvd, Suite 300 • Glendale, CO 80246

Tel 720.974.0392 • Fax 303.759.5589

Web www.optimumhealthcolorado.com

Patient Testimonials

"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
Professional Actor*

"From a provider who is also a patient: For the past five years, I have successfully competed in a senior baseball league and have participated over the past two seasons on national championship teams. I would not be capable of competing at the level I have if it were not for the tremendous results achieved on my pitching arm through Active Release Techniques."

*Terry R. Yochum, D.C., D.A.C.B.R.,
F.I.C.C., Fellow, A.C.C.R.*