

Carpal Tunnel

The leading cause of lost time at work is not due to the catch-all phrase “carpal tunnel.” The problem is a complex set of symptoms of which 90% has little to do with the carpal tunnel itself. Instead, the problems are related to whole nerve entrapment. The median nerve must stretch 2.5 cm from the neck to the fingers, when it gets stuck along its path, problems result. ART works very well to correct the adhesions that cause the nerve problems.

Cumulative Trauma

Cumulative trauma and the body’s adaptation to the trauma cause connective tissue adhesions to form within and between muscles and soft tissues, interfering with their function and other functions of the body. Poor posture, tendonitis, and “carpal tunnel” are the best know cumulative trauma injuries.

Overuse

Overuse contributes to the cumulative injury cycle. The lack of recovery or rest time causes muscles and tissues to become tight and weak. Additional use continues the cycle. Dr. Elkind will explain this process fully and prescribe ways to prevent or reduce overuse injuries.

Lifting, Twisting, and Movement Injuries

Movement injuries can be sudden or repetitive in nature. Sudden injuries often require joint mobilization to restore proper joint function so the muscle can recover appropriately. Many times, despite our having done the same move before, we can feel as if “suddenly” the problem shows up! Researchers have found that our body’s have in fact been deconditioned, allowing them to become susceptible to injury. Dr. Elkind, using ART, joint mobilization/adjustments, stretching, and exercise, will help correct the injury and show you how to recondition properly so that future injuries can be avoided.

Risk Factors

- Heavy computer/mouse use (more than 2-4 hours a day)
- Poor computer technique/work posture
- Infrequent work breaks/no stretching
- Little or no exercise
- High pressure environment
- Smoking and alcohol

Symptoms

- Fatigue or lack of endurance
- Tightness, discomfort, stiffness or pain in the hand, wrist, fingers, forearms, or elbows

Tingling, numbness, or coldness in the hands
Clumsiness or loss of strength and coordination in the hands
Difficulty picking up and handling small objects
Extremity pain that wakes you up at night

Rest, Medication, Surgery

Rest doesn't work because microtrauma in the muscles (the scar tissue) has not been treated. Splinting has also been found to be counterproductive. Anti-inflammatory medications help very little because the problem is in the connective tissue and not a "swelling" problem. Surgery offers only temporary relief and is very costly. For the cost of surgery, you could get a lifetime of ART care! The latest studies are showing that ART is one of the most effective treatments for RSI's.

Injury Physiology and Repetitive Strain Disorders

Three of the many types of forces that can cause injury are:

1. Crush—creating injuries from the trauma
2. Tear—causing injury during sport or trauma
3. Repetitive Strain Injury (RSI) –from sport or work

The first two forces usually create an acute injury when they occur and may become chronic if left untreated resulting in the buildup of scar tissue, while the third usually develop into a more chronic type of condition with associated scar tissue. It is the third type of injury, repetitive strain injury (RSI) that will be discussed here. Repetitive effort tends to make muscles tighten, a tight muscle tends to weaken and a weak muscle tends to tighten, and so on. This is called the Cumulative Trauma Disorder or CTD

As a result of weak and tight tissues internal forces rise, resulting in increased friction, tension and pressure. The effect of increased forces on bodily tissues is decreased circulation or edema. This lack of circulation causes the formation of fibrosis and adhesions in between tissues creating the perfect conditions for entrapping nerve, muscles and fascia (the tissue that surrounds muscles). This cycle, the CTD, is self-perpetuating and must be broken up in a three-phased care program. The phases are:

1. Manually remove the adhesions.
2. Stretch the now released tissues in order to promote circulation, healing and in order to prevent the reattachment of scar tissue
3. Strengthen the affected areas in order to prevent further injury.

Examples of these types of injury are:

Tendinitis—golfer or tennis elbow, swimmers shoulder, Achilles, etc.

Carpal Tunnel Syndrome

Deep shoulder pain or weakness from weight lifting

Low back pain from long periods of inactivity or repetitive lifting

Neck pain and headaches from inactivity such as computer work

All of these injuries are painful both because of the problem with the muscles but also because of the nearby nerves that are usually entrapped. The good news is that all types of injuries from trauma to RSI respond well to ART. This technique is akin to a very specific deep muscle manipulation or massage. Using the technique helps to lessen or resolve most soft tissue problems in 4-6 treatments at a cost of \$60-\$110 per session. For a condition like Carpal Tunnel Syndrome this alternative therapy is currently saving tens of thousands of dollars per case in the United States, while helping many patients avoid surgery and lengthy leaves from work.

What conditions can ART treat?



We use ART to treat a broad range of soft tissue injuries, including the following:

- Arthritis
- Achilles tendonitis
- Ankle Injuries
- [Back Pain/Injuries](#)
- Bicipital Tendonitis
- Bunions
- Bursitis
- [Carpal tunnel syndrome](#)
- Compartment syndrome (Chronic)
- De Quervains's tenosynovitis
- Dupuytren's contracture
- Foot pain/injury
- [Frozen shoulder or adhesive capsulitis](#)
- Gait Imbalances
- [Golfers/Tennis elbow \(Tendonitis\)](#)
- [Golf Injuries](#)
- Hammer Toes
- Hand Injuries
- Headaches
- Hip Pain
- Ilio tibial band syndrome
- Impingement syndromes
- Joint dysfunction
- Knee meniscus injuries
- [Knee Pain](#)
- Leg Injuries
- Muscle pulls or strains
- Muscle weakness
- Myofascitis
- Neck Pain
- Nerve Entrapment Syndromes
- [Performance Care](#)
- [Plantar Fasciitis](#)
- Post surgical
- [Repetitive strain injuries](#)
- Rib Pain
- [Rotator cuff syndrome](#)
- [Running Injuries](#)
- Scar Tissue Formation
- [Sciatica](#)
- Shin splints
- [Shoulder Pain](#)
- Sports Injuries
- [Swimmers Shoulder](#)
- Tendinitis
- [Tennis elbow](#)
- Thoracic outlet syndrome
- Throwing Injuries
- TMJ
- Weight Lifting Injuries
- Whiplash (Hyperextension/hyperflexion injury)
- Wrist Injuries

What happens during an ART treatment?

Every ART session is actually a combination of [examination and treatment](#). The ART provider uses his or her hands to evaluate the texture, tension, movement and function of muscles, fascia, tendons, ligaments and nerves. Abnormal tissues are treated by combining precisely directed tension with very specific patient movements.

These treatment protocols – over 500 of them - are unique to ART. They allow providers to identify and correct the specific problems that are affecting each individual patient. ART is not a cookie-cutter approach.

Treatments take about 8-15 minutes for each area being treated. A condition may require two to ten visits before full functionality is restored. Manipulation if requested is frequently carried out in conjunction with ART to increase treatment effectiveness.

Whenever possible we have our patients perform active movements during the treatment process. Active motions stimulate neurological pathways in the spinal cord that help to reduce pain during treatment. Motion also help to reproduce the stresses the patient will actually be under during normal active motion

What is Active Release Technique (ART)?

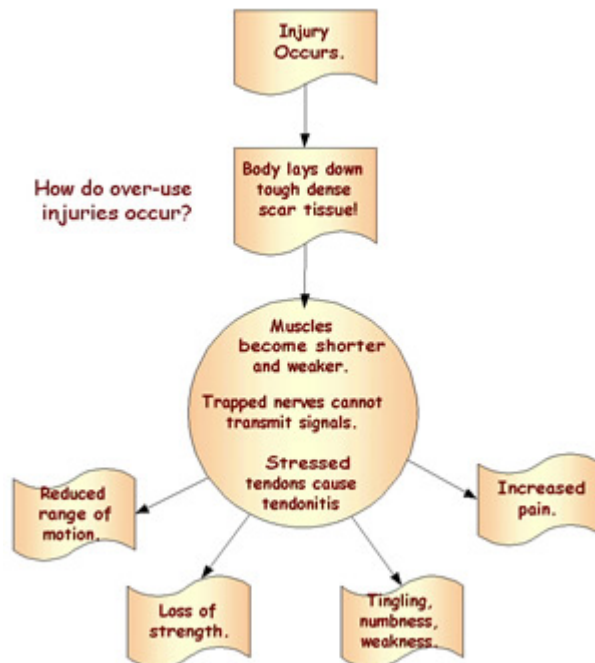
ART is a patented, state-of-the-art, soft tissue management system that treats problems that occur with:

- Muscles.
- Tendons.
- Ligaments.
- Fascia.
- Nerves.

[Headaches](#), [back pain](#), [carpal tunnel syndrome](#), shin splints, [shoulder pain](#), [sciatica](#), [Plantar Fasciitis](#), [knee problems](#), and [tennis elbow](#) are just a few of the many conditions that can be resolved quickly and permanently with ART. ([Click here](#) for a complete list of conditions treatable with ART.)

These conditions all have one important thing in common - they often result from injury to [overused muscles](#).

How do overuse injuries occur?



Overused muscles (and other traumatized soft tissues) can cause changes to your body in three important ways:

- Cause acute injuries (pulls, tears, collisions, etc.).
- Accumulate small tears (micro-trauma).
- Reduce oxygen flow to cells (hypoxia).

Each of these changes causes your body to produce tough, dense scar tissue in the affected area. This scar tissue binds up and ties down tissues that need to move freely. As scar tissue builds up:

- Muscles become shorter and weaker.
- Tension on tendons causes tendonitis.
- Nerves can become trapped.

This can result in reduced ranges of motion, loss of strength, and pain. With trapped nerves, you may also feel tingling, numbness, shooting pains, burning sensations, weakness, muscle atrophy and circulatory changes.