



Kentucky *Sports* Chiropractic

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Active Release Technique for the Injury Prevention/Treatment of Runners

By Dr. Kyle Bowling

Most of our running related injuries occur as a result of repetitive stress or trauma to muscles, tendons, ligaments, nerves, connective tissues, or joints. Repetitive stress injuries take form in a wide range of symptoms and conditions. If one or more of the following factors are present, acute injury and inflammation can occur. This is the case even without external forces being applied (such as a fall or collision)

- **Weak and Tight Tissues**
 - o Repetitive motions (as in a running stride with biomechanical deficiencies) tend to make muscles tight. A tight muscle tends to weaken; a weak muscle tends to tighten. As you can see, this starts a problematic cycle.
- **Friction, Pressure, Tension**
 - o As a result of weak and tight muscles, internal forces rise in the form of increased friction, pressure, and tension.
- **Decreased Circulation**
 - o The increase in internal forces results in a decrease in circulation.
- **Adhesion and Scar Tissue**
 - o As a natural defense to repetitive stress, acute injury, and decreased circulation, our body creates fibrous adhesion. This adhesion or scar tissue is then laid down over the injured or overused area as an attempt to stabilize it. In excess, this adhesion creates even more pain, dysfunction, and loss of range of motion. Once this happens, an ongoing cycle develops that worsens the condition.

A very effective way of breaking the previously mentioned cycle and treating these overuse injuries is through Active Release Technique (ART). ART is a soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves. Every ART session is actually a combination of examination and treatment. The ART provider uses his or her hands to evaluate the texture, tightness and movement 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 specific moves - 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.

For more information on Active Release Technique, contact Dr. Kyle Bowling of Kentucky Sports Chiropractic at (502) 594-8326 or email at KySportsDoc@gmail.com