



Barrhaven Chiropractic Health Centre

“Over-Use” Injuries

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The old saying goes, “practice doesn’t make perfect, it makes permanent.” As is true with regards to practice and performance, is also true with practice and over-use injuries, better known as *repetitive strain injuries*. Regardless of activity, performance level, intensity, sport or even occupation; repetitive movements can damage tissue over time and result in that nagging pain that just doesn’t want to go away, no matter what you do.

In order for a muscle, ligament and/or nerve to function, it must be supplied oxygen via the blood (circulatory system). Repetitive work tasks, poor posture and endurance sports can all cause a tissue to remain in a tightened, stressed or compromised position for a prolonged period of time. As a result, the blood supply to that tissue becomes compromised, decreasing the oxygen to the area, resulting in what is known as “tissue hypoxia.” If this persists, the body begins to replace healthy tissue with tissue that does not require as much oxygen to function; “Scar tissue”. As the Scar tissue is deposited, the result is poor muscle contraction, decrease range of motion, tissue friction and nerve irritation causing pain and hindering activity.

Fortunately, a lot of attention has been placed on the treatment of repetitive strain injuries with the development of certain soft-tissue therapies, such as Active Release Techniques (ART®), to help treat these persistent, nagging conditions.

What is Active Release Techniques (ART®)?

Active Release Techniques was developed by Dr. Michael Leahy as a soft tissue/movement based massage technique used for treating muscle, tendon, fascia and nerves. A certified ART® practitioner utilizes a thorough history, physical and biomechanical examination to properly diagnose the soft-tissue injury and determine which tissues have been affected and what caused the injury/condition to occur. Once the ART® practitioner has located the tissue involved, he/she will use their hands to place tension on the structures affected, while simultaneously stretching the muscle, tendon, ligament and/or fascia to break up the scar tissue. Ideally, your practitioner will add some rehabilitation exercises to help promote the proper development of new tissues.

Common conditions treated with (ART®) include;

- ITB syndrome
- Carpel tunnel
- Patellofemoral syndrome
- Postural strain
- Tennis elbow
- Plantar fasciitis
- Shin splints
- Chronic back pain
- Shoulder pain