

Cutting-Edge trends in Chiropractic Care By Dr. Robert G. Silverman

More often than not, the soft tissue (muscle, tendon or ligament) component of any condition is overlooked or under appreciated. Whether there has been a traumatic injury or a slow growing condition due to overuse, abuse, the normal aging process, or post surgical pain/swelling; the soft tissues go through their own degenerative changes that must be treated very specifically. Damage to these tissues result in adhesions, trigger points, muscle cell inhibition, weakness, ligament laxity, reduced blood & lymph circulation, and compensatory changes in the regional and remote structures.

Soft-tissue injury can cause, but not limited to, the following conditions:

- 1) Chronic and acute back and neck pain
- 2) Carpal tunnel syndrome
- 3) Tennis-elbow
- 4) Rotator cuff syndrome
- 5) Post-surgical pain
- 6) Headaches

Just like no one single pill treats every kind of disease and illness, there is no one single approach to a chiropractic treatment that treats every kind of injury. One particular soft-tissue technique, known as Active Release Technique (ART), has grown to be widely popular in the sports community, extending to those who are injured in their day-to-day activities.

ART is a soft-tissue technique applied successfully to find and treat the specific tissues that are restricted. It is successful, where other traditional methods fail, because ART practitioners:

- Locate the true, root cause of the problem. An experienced ART practitioner can successfully resolve many soft-tissue problems within 6 - 8 treatments.
- Locate the restrictive adhesions that have formed, *identify the direction* in which these adhesions are aligned, and *remove* these restrictive adhesions.
- Work along the entire kinetic chain.
- Consider the body to be one complete, dynamic, functional unit - they do not restrict their attention and treatment to just the area of complaint.

Active Release Technique provides two levels of care - Injury Care and Performance Care. In performance care, ART can provide patients with a means to *enhance* their performance, i.e., sports and day-to-day activities, by identifying and releasing restrictions that reduce their performance in that activity, and in restoring full function and performance to those soft-tissues. This process can result in significant increases in sports and day-to-day performance - power, strength, and flexibility.

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Robert G. Silverman is a Doctor of Chiropractic, Certified Nutrition Specialist, Certified Clinical Nutritionist, has a Masters of Science in Human Nutrition, is a Certified Strength and Conditioning Specialist, and is a Diplomate with the American Clinical Board of Nutrition. He has a full-time private practice in White Plains, where he is a practicing family and sports chiropractor and clinical nutritionist, while advocating the use of natural-based medicine. Dr. Silverman is one of the few practitioners in Westchester County who is certified in the highly acclaimed, medically patented, Active Release Non-Force Soft Tissue Technique, and also the cutting-edge Graston Technique, which is an advanced form of FDA-approved instrument-assisted soft tissue mobilization technique. For the past 3 years, he has been a member of the medical team of New York City's Triathlons and Marathons, Westchester Triathlons and local races. His Chiropractic associations include professional wrestling teams and local sports teams, where he has presented seminars on various topics including sports injuries and sports nutrition. In addition, Dr. Silverman has been chosen as the national spokesperson for the Vitamin Ester-C.