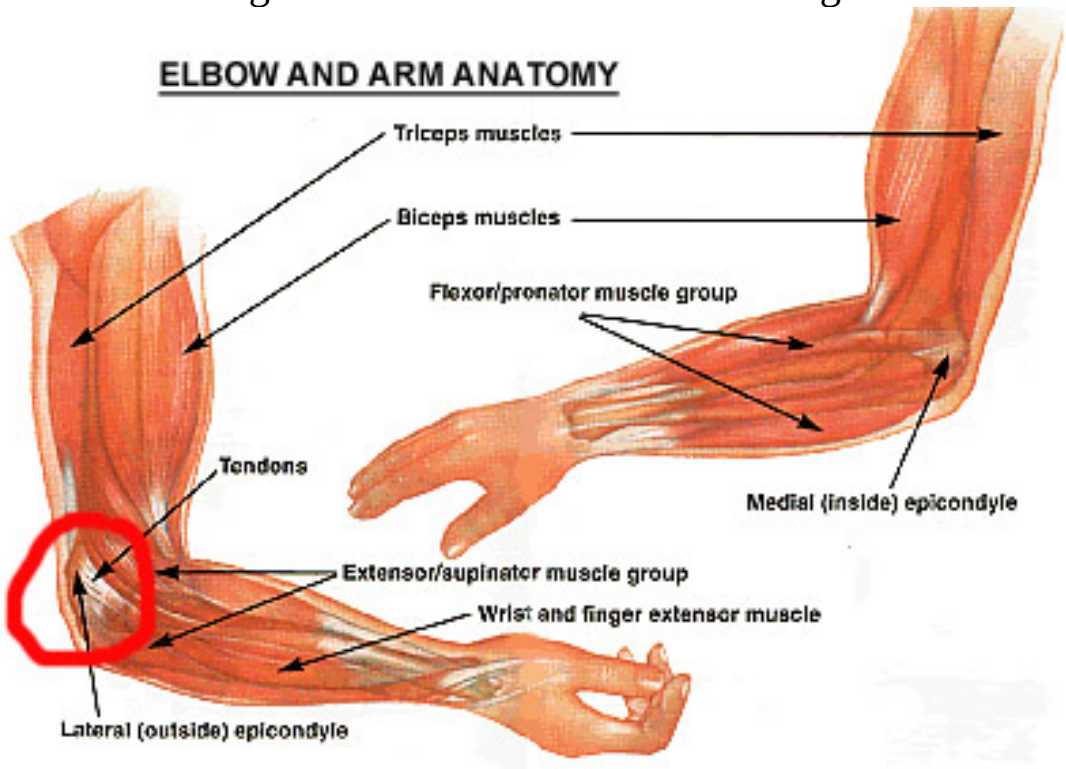
Elbow Injuries

In most cases of elbow pain, muscles of the forearm become shortened due to injury or repetitive motions. The body lays down fibrous adhesions called scar tissue in response to injuries or stresses from repetitive motion. Scar tissue will restrict a muscles ability to stretch due to it's less elastic properties as compared to normal tissue. These adhesions may also prevent the muscles from sliding freely upon one another. Nerves can also become entrapped in the scar tissue causing sharp pain, numbness or tingling.

Tendonitis refers to inflammation of a tendon. Tendons become inflamed by the continuous pulling on them from shortened or tight muscles. If the muscle imbalances are not addressed, tendonitis will become a chronic problem and never fully resolve. When the imbalance is addressed, it will reduce the muscle's pull on the tendon allowing a break from tension and healing can occur.



The two most common elbow injuries are Tennis elbow (outside of the elbow) and Golfer's Elbow (inside of the elbow). Some of the professions that commonly suffer from elbow injuries include:

- Racquet sports players
- Baseball players
- Football players
- Golfers
- Hairdressers
- Computer professionals
- Musicians
- Hockey players
- Factory workers
- Nurses

Traditional treatment for injuries to the elbow include:

- Anti-inflammatories
- Splints and braces
- Cross fiber massage
- Ultrasound
- Physical Therapy

- Steroid injections should be avoided whenever possible. Research has shown that more than three or four steroid injections in a year can weaken tendons, damage joints, and can cause weight gain, diabetes, osteoporosis, and ulcers.

Active Release Technique is a patented, state of the art soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves. It involves taking the muscle from a shortened position to the muscle's complete lengthened position while tensioning on the scar tissue. The motion involved in the treatment process allows for deeper scar tissue to break up restoring a muscle to its normal function.