



# How to Bounce Back from Training Injuries Fast

A Treatment Guide by:  
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## How to Bounce Back from Training Injuries Fast

After an injury everyone's goal is to be able to get back to enjoying the sports and activities they love. Active people have suffered through periods when they were "on the mend." Many individuals have suffered with nagging injuries that have prevented them from performing at previous levels or from participating at all.

### Do any of these comments sound familiar?

*"I just want to get back to doing the things I love."*

*"I wish I could run without pain just once!"*

*"I am tired of my life revolving around the pain."*

*"I have been in pain for years and have tried every reasonable solution."*

*"I wish I could hit the ball the way I used to."*

*"I just take a couple of Advil™ and I can live with it."*

*"When you train hard, pain is just part of the game."*

*"I can't seem to keep up with the kids like I used to."*

If any of these comments sound familiar, you aren't alone. Many people have given up trying to find a solution for their pain. They sometimes take over-the-counter pain remedies as frequently as they chew Chicklets to mask the pain, change their stride or swing and, to decrease their discomfort. Many have to give up the activity completely.

There is a solution to the problem.

### Why most people can't regain their previous range of motion and what happens when you get injured.

Repetitive stress or the cumulative effects of repeated motions are some of the most common injuries that individuals deal with today. Poor posture, poor technique, worn-out equipment, ignoring the body's messages or continuing sports and activities while in pain can lead to serious injuries. Many times injuries can occur from sudden movements.

Dealing with pain issues may be the least of your problems when injuries occur. Our bodies protect us by sending pain messages and by creating scar tissue. When the pain disappears the illusion is that we are better. The reality of what actually happened is that our body has healed by creating scar tissue. Scar tissue is an adhesion that creates friction and causes a loss of function which is comparable to a decrease in range of motion, stiffness, and/or soreness. These symptoms make us less mobile and flexible. Despite the fact that your body has "healed", you are unable to run, swing, twist, or move the way you did before you were injured. The problem needs to be treated at the main source. Otherwise it has been masked, not healed.

## Soft Tissue Injuries

You may have heard reference to “Soft Tissue” injuries. Soft tissue injuries affect: muscles, ligaments, blood vessels, fascia and nerves. They also lead to inflammation and swelling.

Adhesions affect the fascia (connective tissue) in our bodies. Fascia is slippery when it is healthy. Healthy fascia allows the body’s organs, muscles, blood vessels and nerves to move smoothly without interference. Unhealthy fascia may be compared to the two sides of a sponge, one side smooth and the other rough. The smooth or healthy side of the sponge moves freely along other soft or flexible surfaces. The rough side of the sponge is unhealthy and when it is rubbed against a soft or flexible surface it is resistant and requires additional force to propel it along.

### Deciding on the best treatment options can be both confusing and difficult.

When injured there are many treatment options which can be chosen. Consideration should be given to the following:

- ❖ Rest, Ice, Compression, Elevation - This is a do-it-yourself method that usually provides temporary relief but no long-term solution.
- ❖ Deep Tissue Massage – This can provide some relief but because it is not specific to the problem area, it can cause more damage, especially if the practitioner is inexperienced.
- ❖ Chiropractic Adjustments – These can be useful but there is no scientific evidence that these adjustments can cure an injury to soft tissue.
- ❖ Active Release Techniques™ - This research-based treatment method can actually heal the problem at its source. When administered the treatment can be slightly uncomfortable but the pain dissipates almost immediately once the treatment is completed.

### What is ART (Active Release Techniques™) and why has it been proven to be successful?

Evidenced based research shows that ART helps identify the specific source of the problem even though there are different methods to treat soft tissue injuries.

ART provides a way to diagnose and treat the underlying cause of injuries that result in symptoms of: numbness, tingling, burning and aching. ART is a hands-on manual therapy that corrects muscular and soft tissue problems caused by adhesion formation resulting from: injury, overuse or cumulative trauma.

Certified practitioners of ART break up adhesions to heal the body. ART certification requires a significant time commitment. The training takes many hours of intensive work. Once the training is completed the practitioner becomes proficient in identifying where the adhesions are and how to break them up.

Once an ART practitioner has performed the therapy, you will be asked to resume your former routines to evaluate the range of flexibility that has been achieved as a result of the treatment. In many cases the patient experiences dramatic increases in mobility and flexibility after the first session.

**ART is a solution that is noninvasive, is safe, has no side effects and enables you to “Perform& Feel Like You Never Had Pain.”**

*The most important benefit of ART is that it usually takes only 2-10 visits to restore full movement to the affected area. The treatment can be uncomfortable when the scar tissue and adhesions are breaking up. However, this temporary discomfort breaks up almost immediately after the treatment.*

*At the conclusion of the treatment, the patient performs the movements that had been restricted (running, lifting, twisting etc.) The results are astonishing. Most resume their ability to function with a high degree of performance. The reason for this is that the inhibitor of the pain and restricted movement has been released.*

ART is neither a magic bullet nor a cure-all for all types of injuries. Certain cases such as torn ligaments require surgery. However in surgical cases, ART practitioners can help identify the specific source of the problem. This provides valuable information to the patient who can then assess his/her options prior to considering surgery. After surgery is performed new scar tissue will be formed in addition to the old adhesions.

**Once you are healed you will need to take other steps to minimize future injuries.**

After completing the initial consultation you will be asked to perform certain maintenance functions to reduce the likelihood of future injuries.

Some of these steps may include; better warm-up routines, changes in sleeping position or simple daily routines to reduce the stress on the affected areas. It is easy to fall back into old habits just as 90% of dieters regain the weight they have lost. ART treatment makes it easy for you to maintain your level of activity and performance.

## How to find a certified Active Release Practitioner

You can find a certified ART practitioner by going to the official website: [www.activerelease.com](http://www.activerelease.com) or by calling 1-888-396-2727 to verify provider credentials. This is the way to be certain that a certified practitioner is treating you.

## To bounce back from injuries, here's what to do next

This treatment guide was designed to provide comprehensive information which will enable you to decide upon the best treatment option when you are injured and have limitations due to the type of injury.

If this guide peaks your interest and you would like to talk to Dr. Larkin regarding your condition, please feel welcome to call the office. Dr. Larkin will consult with you on the phone to gain information on your condition.

The following testimonials are from some of our current patients:

*“Dr. Larkin understands the athlete’s mentality – we all just want to get back out there. His skill in Active Release Techniques® keeps me training and racing at the same high level – even as I get older and have more injuries. I have been getting help from Dr. Larkin for over two years and have referred at least a half-dozen of my fellow triathlete to him. PIPPA MICHAELS – Placed 4<sup>th</sup> in the World Triathlon Championships.*

*“I had back surgery in 1997. In 2002 I started to run competitively but began to experience some back pain after long runs. I was determined to find a solution and went to a Chiropractor but he just told me to give up running. Another Chiropractor proposed a series of back manipulations. Neither of these options was acceptable. Then a friend referred me to Dr. Larkin. He totally understands a runner’s mentality and worked on several areas that were causing the back pain. He used Active Release Techniques® to fix my problem without manipulating my back and I went on to achieve new levels of success, including sever Ps, thanks to his efforts. If I had known Dr. Larkin in 1997 I’m certain I would have been able to avoid back surgery.”  
LORRAINE WHITE – USATF GRAND PRIX CHAMPIONSHIP AGE GROUP WINNER 2003 AND 2<sup>ND</sup> PLACE FINISHER 2004 – WOMEN 45-49.*

To learn more about our practice, please visit our website at:

[www.drjefflarkin.com](http://www.drjefflarkin.com)

To Schedule a consultation or speak with Dr. Larkin personally, please call

(908) 626-1995