

Who can benefit with ART?

Athletes of all levels are helped with "ART" treatment, from the novice to the elite athlete. Dr. Martos has positively impacted and changed the lives of his everyday patients as well as professional athletes, personal fitness trainers, competitive figure skaters and the everyday athlete; bringing them back to full function.

The only way to tell if you have fibrous adhesions affecting your health is to receive an examination.

Dr. Martos only accepts patients he knows will respond positively, if by any chance you are not a candidate, the Dr. will refer you to the appropriate professional.

This technique is so effective that most patients get quick and positive results after just a few treatments.... many times, significant improvement is attained on the first visit.

Denville Community Chiropractic Center

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Certified Provider



The Gold Standard

in Soft Tissue Treatment



Active Release Techniques

Soft Tissue Treatment



What is causing your pain?



How can this be fixed?

Unfortunately, there is no branch of Health Care which specializes in the treatment of soft tissue related disorders. There isn't even a name for a Dr. who specializes in the treatment of muscle related and soft tissue disorders; however, there are few techniques that work effectively being Active Release Techniques (ART) one of them!

What is Active Release Techniques?

Is a "manual" soft tissue therapy administered by trained certified professionals.

This technique finds the source of the problem right away; this is because other health care professionals are not trained to palpate these specific conditions like an ART provider.

Other techniques like massage, heat, electrical modalities and ultrasound can only provide reasonable results.

With "ART", Dr. Martos will "re-educate" your muscle and other soft tissues by aligning and integrating the scar tissue fibers with the already existing and healthy muscle fibers therefore restoring normal function.

Anatomy of a muscle & how does it work?

There are three types of muscular tissue our bodies are made of:

Cardiac muscle (the heart), smooth muscle (like hollow organs), both of which are involuntary (i.e. we have no control) and skeletal muscle, which works under voluntary control.

Skeletal muscle is a type of soft tissue that has a characteristic of being striated, meaning that its filaments run parallel to one another; this arrangement of its filaments is what allows our muscles to contract and relax. When a muscle is injured, these filaments tear causing physical and chemical changes in the body.

How do we get injured?

Conditions such as: headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems, tennis elbow, among others, have one thing in common....."They are often the result of overused muscles".....so, how do these over used conditions occur?

It can happen in three ways:

- Acute (like a pull, tear, etc)
- Accumulation of small tears aka micro trauma (the result of a repetitive action over and over, post surgical scar tissue, etc).
- Tissue hypoxia (not getting enough oxygen), what takes place during immobility.

The injured area (muscle, tendon, ligament, etc) gets "filled" with scar tissue (a patch), which is made of collagen. Collagen is a natural occurring protein found in our bodies and is what holds our body together. The "patch" now fills the damaged area and problem solved!
Here is where the problem begins! The "patch" "scar tissue" or "fibrous adhesion" is NOT of the same quality as the original tissue that once occupied the damaged area, the scar tissue is more pain-sensitive than normal structural and contractile tissue, is less flexible, therefore diminishes joint motion, it is more brittle than healthy tissue, is more susceptible to re-injury and during a subsequent repair period that lasts from days to weeks, the injured muscle is returned to a state "not detectably" different from the state of a muscle that was never injured.
Many times, the fibers of this scar tissue get oriented in a different direction then the original fibers; therefore affecting muscle mobility such as contraction and relaxation. The scar tissue binds up and ties down the adjacent tissue that needs to move freely. So, as scar tissue builds up, muscles become shorter and weaker, tension on tendons causes tendonitis, and nerves can become trapped. This process can now affect range of motion, cause loss of strength, pain and if a nerve is trapped it will cause tingling, numbness, and weakness (e.g. carpal tunnel, sciatica, etc).