



# Get a Grip on Elbow Pain

Is elbow pain keeping you from getting a grip on your workouts? Injury, trauma and repetitive activities can all result in elbow pain that can decrease your ability to function at an optimal level.

Whether traumatic or cumulative, insult to the tissues surrounding the elbow results in shortened, less functional tissue that begins a vicious cycle of pain and inflammation. In response to this insult the body creates adhesion to the injured site resulting in the formation of scar tissue. Ultimately this leads to a decrease in the ability of the muscles of the elbow to slide freely upon one another affecting the mechanics of this intricate joint. In most cases, Active Release Techniques (ART) can prevent or greatly reduce this type of injury. ART focuses on the functional aspects of the tissue addressing any soft tissue restrictions that may be present. Specific ART procedures are used to treat each layer of the injury. These ART procedures release the restrictive adhesions that bind these soft tissue layers together, and allow the tissues to once again move smoothly over each other.

For more information on how Active Release Techniques (ART) can help you get a grip on elbow pain or any other soft tissue injuries call Dr. Hemsley at ActiveCare today.

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