

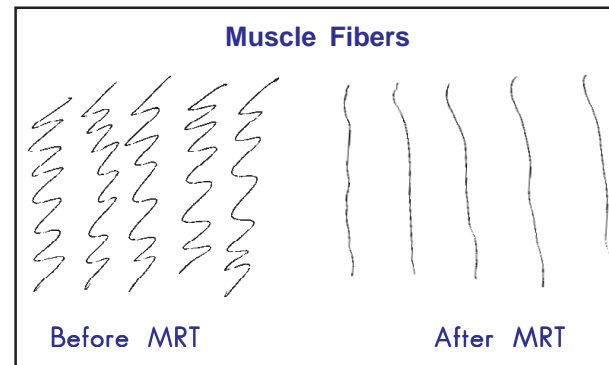
## WHAT IS MRT?

**M**RT or Myofascial Release Technique is a series of different soft tissue techniques which are very effective in the treatment of myofascial (muscle, tendon, ligament and connective tissue) pain syndromes. MRT is different than most soft tissue (deep muscle) therapies (e.g. massage). Your doctor, by using MRT, is at the forefront of a new age in the treatment of nerve and muscle related problems. MRT has been shown to have greater long term effectiveness than other types of soft tissue therapies with faster results. Patients who experience the benefits of MRT have experienced the most effective type of soft tissue therapy available.

## HOW DOES MYOFASCIAL RELEASE WORK?

MRT is used to break up scar tissue that exists in muscle tissue, tendons and between muscles, fascia and nerves. Injuries throughout one's life to muscle and underlying tissues result in scar tissue. Over time, muscles shorten, become fibrotic and less elastic. Muscles can eventually adhere to each other (develop adhesions) instead of gliding independent of each other. The combination of adhesions and scar tissue causes pain and stiffness. As the condition worsens with time, nerve roots may also become adhered (stuck) to the other involved soft tissue structures causing more pain, numb-

ness, and loss of joint and muscle function. Patients who are helped by MRT have often tried heat, medication, surgery (e.g. Carpal Tunnel), massage and manipulation with the problem always returning. MRT is very effective at providing good long term results with these type of patients. MRT removes the scar tissue in muscles by stripping it away from the involved muscle spindles, allowing the muscle to resume its normal length. MRT can also remove scar tissue where muscles insert into bone, from tendons, between muscles (adhesions) and between muscles and nerve roots.



When the scar tissue is literally stripped away, normal function returns, long term pain is resolved and the doctor's exercises can now help to restore normal function to the involved structures. Perform any exercises the doctor gives you to get optimal results. Also, after having MRT performed prior to athletic activity, do not immediately go back performing at 100% capacity. This may cause another injury. Instead, return at 50 - 60% of playing capacity and gradually work back up to your normal.

## IS MRT PAINFUL?

When performed, MRT is extremely effective. Unlike many muscle therapies, MRT usually does not cause discomfort and you should tell the doctor if his contact becomes uncomfortable. The doctor will either actively or passively have you move the area being treated. The harder you work at this while the doctor applies therapeutic pressure, the more effective the therapy will be and the quicker you will respond to the therapy.

You may experience soreness for a day or two after treating an area. This is why the treatment protocol is to treat the same area every other day. The doctor may treat two different areas on two consecutive days, but the previously treated area will be sore and will need a day to recover.

## ACTUAL CASES

When I first came to see Dr. Charschan I was in a lot of pain. All my joints were frozen and I was unable to do much of anything. I had very little range of motion in my neck, shoulders and wrists, and also had difficulty walking.



Since I have been coming to Dr. Charschan for adjustments and Myofascial Release work, I have been feeling much better. I am now able to walk virtually pain free, turn

my head and use my hands again. None of the other doctors that I have been seeing were able to do this with the medications they prescribed. I have had chronic upper neck and back pain for years. The stiffness often caused difficulty just getting up in the morning and the aching often caused me to be down during the day. I have tried doctors, physical therapists, orthopedists and other chiropractors for relief from this pain.

*Michelle Verstegen*

Michelle Verstegen

After a new immobilizing injury two months ago, I came to Dr. Charschan who was able to provide immediate relief of much of the pain and immobility using manipulation and MRT. I now have much greater mobility, less pain and fewer setbacks and I continue to improve.



*Ellen P.*

Ellen Pincus

MRT is utilized in addition to spinal or extremity manipulation to optimize joint and muscle function.

**MYOFASCIAL RELEASE MAY BE EFFECTIVE IN TREATING THE FOLLOWING CONDITIONS:**

- ➔ SHOULDER PAIN
- ➔ NECK PAIN
- ➔ LOWER BACK PAIN
- ➔ HEADACHES
- ➔ CARPAL TUNNEL SYNDROME
- ➔ GOLFERS ELBOW
- ➔ TENNIS ELBOW
- ➔ SHIN SPLINTS
- ➔ KNEE PAIN
- ➔ ANKLE PAIN
- ➔ RIB PAIN
- ➔ SHOULDER BLADE PAIN
- ➔ HIP PAIN
- ➔ MANY MUSCULAR CONDITIONS

***"Improving the quality of life one spine at a time"***

*For further information, call*



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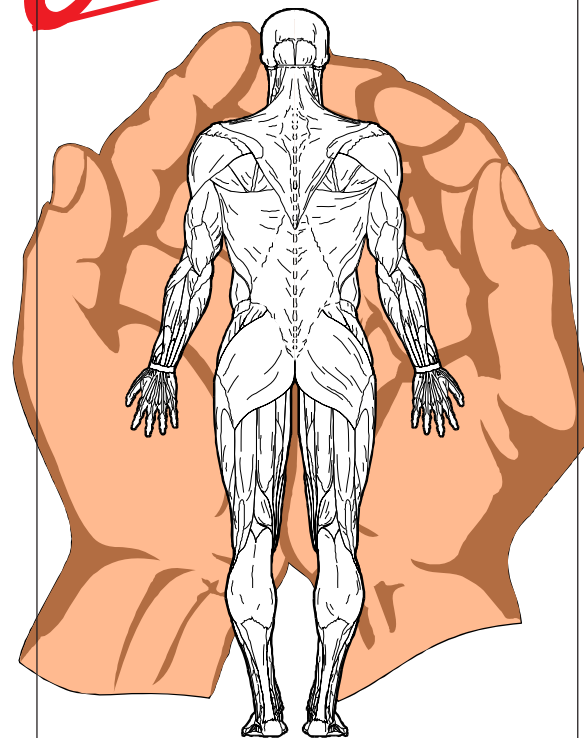
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***Chiropractic***



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RELEASE  
TECHNIQUE  
*and*  
YOU**