

# Caring for all Sports and Recreational Injuries

At HealthWorks Spine & Sport, we are focused on treating the root causes of injury, helping decrease healing time and improving performance. Our goal is to get you better and teach you how to avoid future injury.

## What to Expect

- Various Techniques and modalities to ensure a prompt return to activity and optimal function.
- Personalized Treatment and Rehabilitation Plans
- Evidence-based treatments
- Individual attention
- Faster recovery



## Dr. Earl F. Hendrikz



- Doctor of Chiropractic
- Certified Graston Provider
- Board Certified Sports Chiropractor
- Advanced Human Performance from Baylor
- Active Release - Ironman Level Certification

## Dr. Katie VanWagenen



- Doctor of Chiropractic
- Graston practitioner
- Active Release Certification
- Brews & Shoes Run Club Coordinator

Dr. Earl and Dr. Katie are the ideal team for your recovery - treating patients from newborn to 85+.

# HealthWorks

Spine & Sport



900 Apollo Lane, Suite A  
Houston, TX, 77058

281-286-2229

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

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# Sports Injuries

AND THE CHIROPRACTIC LIFESTYLE



## Helping EVERYONE be a winner!

SHARE WITH YOUR FRIENDS AND FAMILY

# Active Release Techniques



## Active Release Techniques®

ART® is a highly successful approach to the diagnosis and treatment of muscles, tendons, ligaments, nerves and fascia, known as soft tissue. ART not only treats the appropriate tissues, but the exact area of the injury within each tissue. ART uses movement of the patient to increase tension on the scar tissue and is the most effective way to break up adhesions. Many professional athletes use ART.

## Active Release and the Doctor

Since treatment with Active Release Techniques is exclusively "hands on", it gives the doctor the necessary insight to correct the root cause of a problem. ART doctors are specially trained to identify areas of scar tissue by the way it feels – allowing them identify problems and measure progress in all types of soft tissue injuries.

## Active Release and the Patient

Unlike other treatment methods, the patient is an active participant in ART treatment. Together with the doctor, the patient will also identify the problem areas and feel measurable progress through the treatment plan. Every ART session is a combination of examination and treatment – with no unwanted side effects as is typical of drugs or surgery!

## The Scar Tissue Connection

When a muscle, tendon, or ligament is injured, the body forms scar tissue. Unfortunately, scar tissue often sticks to surrounding structures preventing them from sliding over one another. If a nerve runs through a muscle in the spot where there is scar tissue, the nerve can be pinched or pulled by that adhesion, causing it to fire pain signals.

## Other Causes of Scar Tissue

Scar tissue can also result from overuse of muscles, tendons and ligaments, which increases tension in the tissues. This decreases the blood supply, causing the body to form scar tissue. And scar tissue is not only caused by injury, but also by poor posture, improper form during exercise, athletic pursuits and repeated incorrect or overuse of soft tissue.

## How do we Identify Injuries?

The area where the pain presents is not always the root of the problem. At HealthSource, we check the entire kinetic chain to find the true source of the problem. Identification and treatment of all involved areas results in quick, complete resolution.

## Why Doesn't the Pain Go Away By Itself?

The body has no mechanism to reduce scar tissue naturally. Reduction of scar tissue requires treatment. Although the body can sometimes adapt to, and tolerate, a certain amount of scar tissue, it will not function optimally and can cause further injury.



# The Graston Technique

GRASTON®  
TECHNIQUE



## The Graston Technique®

The Graston Technique incorporates a patented form of instrument-assisted soft tissue mobilization that enables us to effectively detect and treat scar tissue and restrictions that affect normal function. The Graston Technique is the most effective way to break up the scar tissue so it can be absorbed by the body.

## Graston and the Doctor

When scar tissue is contacted, the stainless steel instrument will reverberate that feeling through to the examiner's hand, much like a tuning fork. This enhances the doctor's ability to detect adhesions, scar tissue or restrictions in the affected areas.

## Graston and the Patient

The nice thing about the Graston Technique is that the patient will be able to feel the reverberation of the instrument and know the scar tissue is being treated. As treatment progresses, the patient will be able to note the decrease in scar tissue as well as the benefits of the healing process.