

Chapter 5: Elbow Injuries

In most cases, Active Release Techniques could prevent or greatly reduce this type of injury. See *How ART Corrects Elbow Injuries* - page 66 for more details about how ART is used to correct tennis-elbow-related injuries.

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.

Through touch and practice, the ART practitioner can literally *feel* when this has been achieved. In most cases, the patient experiences an immediate decrease in pain, and an increase in range of motion and strength.

A Patient's Story

I have suffered from Tennis Elbow for over 16 years. I tried all the traditional remedies from physiotherapy to cortisone shots, but nothing worked.

My arm started to go numb and I couldn't even sleep at night any more. My wrist was continually aching and I wore a wrist brace to get through the day. It got to the point where the pain was so bad that I relinquished and had another cortisone shot, and found that didn't work at all.

A friend saw the trouble I was having and mentioned that his son-in-law had received ART treatments and that it had worked wonders for him.

I contacted Dr. Abelson. After an initial treatment, he indicated that just 4 or 5 treatments should have my elbow back in good order.

The difference was amazing after just the first treatment, and with the exercises he prescribed. After just five treatments, my elbow is almost pain free, and is continuously getting better.

Lois Tighe