

Why Hillside Chiropractic?



"No, he is not just a regular chiropractor, it's much more than that".

Many people want to know more about ART (Active Release Techniques) and chiropractic treatments.

We have been treating patients for over 14 years with 1,000's of success stories. 'Focused therapy for an Active Body'.

We want to share some of the information about our clinic to help you make a more informed decision.

Anything less is just an adjustment.



About: Dr. Jeff Schneider



Doing work
that matters



I take pride in knowing that the body responds to positive or negative inputs.

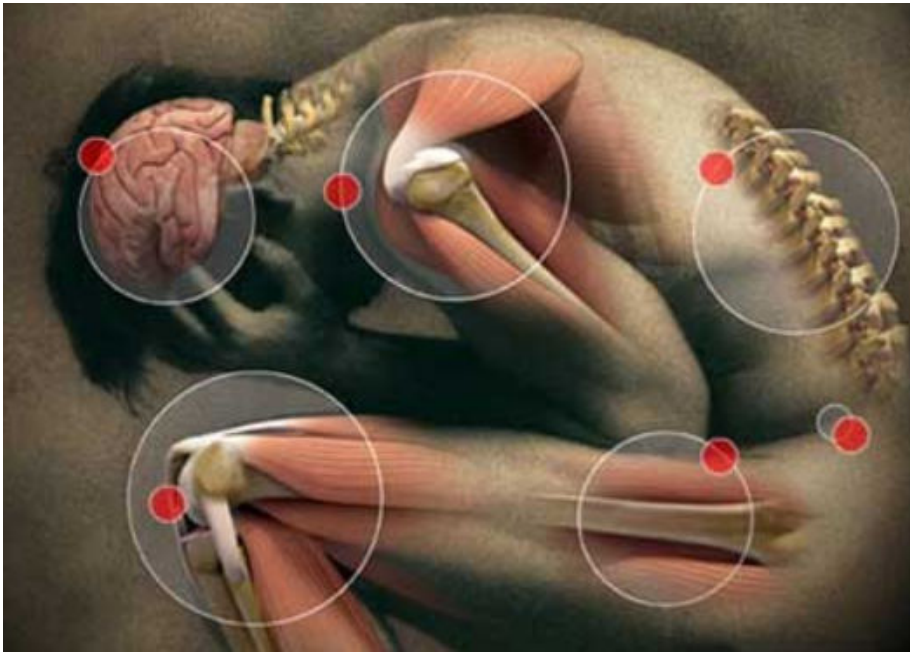
My job here as a Chiropractic ART specialist is to help your body heal correctly, we know that you want to live an active life to the fullest.

It is my goal to build a community of active healthy individuals.





Understanding the Pain



*Living with Pain
is not a lifestyle*

Everyone of us has experienced pain in our bodies. This is reality. There are many ways to address it, we know (for active bodies) ART Chiropractic delivers proven results, and it's patented!

- This is the bodies way of telling you that something is wrong, and needs attention.
- Wanting education to understand and seek best action for resolve is your choice.
- Addressing pain and discomfort at the source is a primary distinction of ART Chiropractic over other treatments.



What is ART?



What is Chiropractic ART?

Many of you are familiar with chiropractic treatments, adding in ART (Active Release Techniques) bring healing / recovery to a higher level. Anything less is just an adjustment.

Active Release Technique is a patented, state-of-the-art treatment for injuries to muscles, tendons, ligaments, fascia, and nerves, collectively known as soft tissue. Almost any soft tissue structure in the body can be treated with ART.

Whether this is your first time digging into therapies to help your personal situation, or looking for 'real' information to make a more informed decision, we want to give you the best education, knowledge, and experiences with ART Chiropractic.

Why does this
matter?



Here I am using ART,
while Liann ensures
proper range of motion

It matters because other therapies look at secondary symptoms. ART with Chiropractic treatments looks at the source, and gives the body the boost to heal correctly, here is ART in real terms:

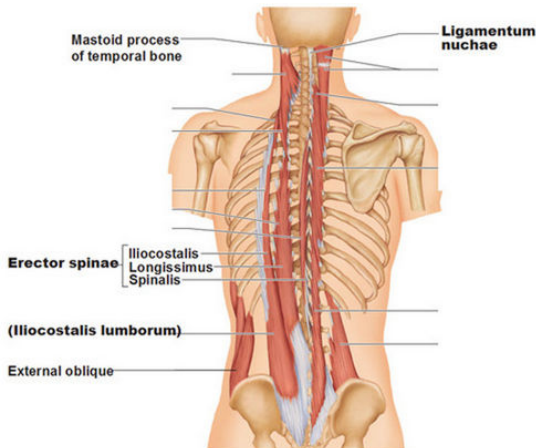
Every ART session is actually a combination of real time examination and treatment. You are directly a participant in this therapy, questions / feedback are necessary for giving your body what it needs to heal. Specific treatments for specific injuries.

- I use my hands to evaluate the texture, tightness, and movement of muscles, fascia, tendons, ligaments and nerves.
- Abnormal tissues are treated by combining precisely directed tension with very specific patient movements.
- Remember, you, the patient is an active participant in the movement of the muscle by moving it from its shortest position to its longest.
- Most patients get relief in as little as 3 treatments, really!



Example: Lower back pain injury

From basic adjustment to relief from pain, increase healing, remove scar tissue, re-educate muscles



- Local symptoms: Pain with eccentric spinal flexion, concentric extension, eccentric contralateral or concentric ipsilateral flexion

This is a lifting injury, pain with prolonged flexion or prolonged upright posture.

- Yes, you hurt your back, now what? You've tried some ibuprofen, and heat, and some other therapies, but it is not getting better.

Functional anatomy: The most inferior part of the erector spine is large and strong. Connected to the hamstrings, consideration must be included to all of these parts during treatment.

- Almost all low back pain will involve this muscle group

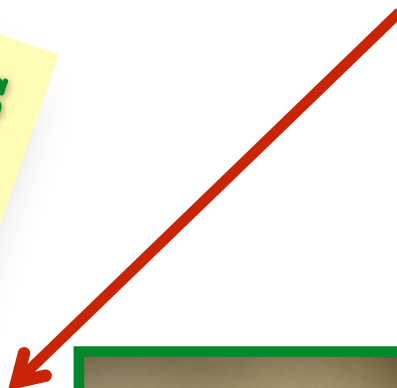
It can become extremely fibrotic due to constant strain (hypertension, and decreased circulation).

An adjustment will only work with the structure, therefore, it is necessary to work the soft tissue to remove scar tissue, and reeducate muscles to work as they did prior to your injury. ART delivers this.

- » Without ART and Chiropractic, you are only adjusting and not giving the body reason or help to heal.



How does
this
compare?



"Past therapies such as massage, heat, cold, electrical stimulation, rest, exercise and surgery--have all failed to treat them effectively."



When a muscle, tendon, ligament, or nerve is damaged from trauma or overuse, the body will attempt to repair the damage with scar tissue.

These scar tissue adhesions left untreated result in gradual loss of function and increased pain. Soft tissue dysfunction often leads to a loss of flexibility, strength, and range of motion.

Active Release breaks up the connective tissue adhesions, restores circulation, and increases your range of motion, flexibility, and strength.



Why Hillside Chiropractic?



Summary:

The injury cycle is self-perpetuating and as this downward spiral continues, the symptoms and syndromes are produced. Just ask someone who 'works' through the pain, until you address the source, it will not get better.

There are many different ways to deal with pain, we believe that it is not a lifestyle. Our ART Chiropractic methods are proven, and patented, as well as, used all over the world. From families like yours to sports teams, the human body can only handle so much stress, strain, and daily abuse.

If you want to get back to 'your active', you owe it to yourself to experience, educate, and motivate yourself with ART Chiropractic treatments.....they work.

If you have any questions, or comments about your specific condition, as well as, our treatment protocols, we want to hear from you. This is a small community that listens to each other in order to live a better life, so please share.

www.hillsidechiro.net

or 763-241-5393 to talk with us directly

Active Release is not massage, or physiotherapy. While those procedures relieve muscle and motion dysfunction, they do not necessarily address scar tissue formation.

Regardless of your activity level, you can benefit from ART. From those who are victims of car accidents -- or even looking to improve their performance on the golf course, Active Release has proven to be a fast, effective, non-invasive way to heal a wide variety of soft tissue injuries.