

PERFORMANCE ENHANCEMENT I: TISSUE TREATMENTS

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For centuries various massage and tissue treatment techniques have been utilized in attempts to decrease muscle tension, relieve pain and improve movement ability. Numerous stretching techniques have also been widely used in efforts to eliminate muscle “tightness” and improve “flexibility”. Concurrently, different forms of weight lifting or resistance training have also been applied for the purposes of gaining strength, enhancing speed and increasing power in order to enhance overall athletic performance. Unfortunately, research has shown that most of these approaches are only moderately successful at best. Most massage techniques typically only offer short term decreases in muscle tension while stretching programs rarely provide any long term improvements in muscle flexibility, and strength gained from traditional forms of weight training often fail to produce any measurable gains in actual functional performance.

These lacks of results have led to more contemporary theories, programs, and techniques for stretching and strengthening the body. Better approaches towards performance enhancement have emerged which are based more on overall functional design of the body versus isolated stretching and strengthening of individual muscles. In more recent years, there has also been more emphasis on integrating specific massage and soft tissue treatments in order to further improve muscle function and increase performance.

Integrating a treatment technique such as A.R.T., (Active Release Techniques), has shown great affects in improving joint range of motion superior to what any stretching technique can hope to offer. Myofascial Release, Neuro-Muscular Therapy, and Trigger-Point techniques are some other advanced tissue techniques that have also shown positive results in improving muscle flexibility.

Moreover, other types of treatments such as M.A.T. (Muscle Activation Techniques) that focus more on improving muscle strength than it does flexibility are also being integrated as a means of enhancing performance. Through these types of treatments skilled therapists can stimulate specific proprioceptors that dramatically improve neurological control and re-activate inhibited muscle. This in turn produces immediate jumps in muscle strength far beyond what can be obtained through any resistance training exercises could do alone. However, the synergy of integrating such treatments along with strategic resistance training exercises can do more than just improve muscular strength and holds great promise for enhancing overall performance.

In summary, advanced massage and specialized tissue treatment techniques can be applied by a well trained therapist, trainer or other practitioner that will quickly and dramatically improve the movement ability and strength of an individual. Such techniques can also be integrated with individually tailored exercise programs that can also eliminate pain, correct postural deviations and muscular imbalances and therefore enhance the overall performance for what ever sport or activity a person may wish to engage in.

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Our TELOS Ortho-Kinetic Trainers and Therapists are in training or have already mastered integration of such specialized tissue treatment methods along with our proprietary assessment and training programs. Our system has years of proven success for helping to rehabilitate and improve the performance of numerous professional golfers, tennis players, football, basketball, and hockey players as well as amateur and young athletes. This same system has also served well for helping to eliminate chronic pain, improving functional performance and achieving the individual fitness and performance goals of executives, house wives, students, youths, and older adults alike.

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