



## **PROfiles: DR PRO FOR ATHLETES**

Dr. PRO is Florida's most experienced ART provider. He has been providing Active Release Techniques since 1994. Today there are many kinds of "sports therapy", "chiropractic", "massage" and "medical treatments" that athletes are exposed to for the treatment of various injuries. The main issue for a successful outcome is putting the "right" tool on the problem. The nature of the problem must be understood by all the providers of care so that the right actions can be taken at the right time. The mechanism of injury, the exact tissues or muscles involved and how they will affect the other muscles or movements is the key to determining the right tool needed. Unfortunately, some trainers and health providers often have limited abilities or capabilities to employ some or all of the best possible treatment options (tools).

In my experience, athletes are sometimes frustrated that they cannot get the treatments they need from their team or organization. As a result they seek care from "outside" the team or organization through word of mouth from other athletes and/or their agents to find providers for them. For some reason, even though Active Release is now known throughout the sporting world, many major sports teams have providers on staff, others do not. There is good evidence that teams that employ ART providers have less injuries and shorter recovery periods from injuries that are sustained (NJ Nets).

ART is not a cure all therapy, it is done concurrently with many other typical therapies and treatments to improve results and reduce recovery times. ART falls into two categories, "acute injury care" and "performance care". Acute injuries like sprains, strains, tears and bruising are treated as soon as possible, working from areas away from the site of injury towards the injury site. This minimizes the effect of the injury on other muscles and biomechanics. "Performance care" is done to resolve old injury effects and to keep muscle (soft) tissue healthy and functioning optimally. An Athlete doesn't need to have a current problem to benefit from ART.

When I work with an athlete for the first time I often locate sites of old injuries or overuse stresses, even when they say they feel fine. Shin splints, tendonitis, muscles weakness and "nerve feeling" are all conditions effectively treated with Active Release techniques. ART is a hands-on therapy that locates and breaks down the scar tissue that causes soft tissue dysfunction. Injuries don't just "get better", they heal with scar tissue, the very tissue that can lead to dysfunction or inefficient muscle movement resulting in chronic conditions, repeat or additional injuries. No medicine, ice, stretching, massage or exercises are going to break up scar tissue the way ART does. They will help the recovery process when done concurrently, but they are not designed to get to the cause of the problem the way ART does.



All Injuries are cumulative. Every injury adds up and over time causes a decline in the body's ability to perform and recover from performance. Few things can kill a promising athlete's career hopes than injuries that hamper performance just enough to make a star performer into an average one, or one that is labeled as always hurt. ART is often "the right tool" to give athletes the best chance of getting the most from their other training and treatment programs.

Dr. PRO has been the ART provider to the Tampa Bay Lightning as well as to some of the greatest names in the NFL, MLB and PGA Tour.

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