

Myofascial Release & Adhesion Release Techniques

Athletes and active adults – from runners and bicyclists to golfers and tennis players – suffer from a variety of injuries to the muscles, tendons, ligaments, fascia and nerves. Many of these patients find great relief from myofascial release and adhesion release. However, it is not just the athletic that benefit from this type of soft tissue



manipulation, but anyone seeking quick and permanent solutions to headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems and tennis elbow. These conditions all have one important thing in common: they often result from injury to over-used muscles.

Dr. Miller uses her hands to evaluate the texture, tightness and movement of muscles, fascia, tendons, ligaments and nerves and offers a very specific treatment protocol to identify and correct the specific problems affecting each individual patient. Abnormal tissues are then treated by combining tension with patient manipulation, either through manual movements or the use of small, non-invasive instruments.

The use of Myofascial Release or Adhesion Release, along with chiropractic adjustments, are helping to work both the muscles and vertebrae to correct a given problem and keep it from reoccurring.



Kay Miller, DC, CCSP, was certified by the New York Chiropractic College in the methods and techniques utilized in Myofascial Releases and Adhesion Release and for more than a decade has volunteered for various Iron Man competitions, bicycle races and marathons, using both of these techniques to treat athletes at these events. She became involved in these competitions because many of her patients are participants and Miller Chiropractic is an active sponsor of both the Redline Triathlon Club and Fond du Lac Running Club.