



EMPLOYERS • CASE MANAGERS • DOCTORS

Work Injury Rehab:

Get workers back on the job safely while cutting Workers' Comp. costs.



The Indy Spine and Rehab team shares your goal of a safe and efficient recovery and timely return to work for employees. Our certified clinicians create customized programs that improve strength, function, work tolerance and body mechanics, thus reducing the chance of reinjury. We provide the high-quality, advanced rehabilitation services that everyone involved in a Workers' Compensation case can rely on. This includes using leading-edge care to help reduce Workers' Comp. costs.

Repetitive-motion syndromes on the rise.

Due to mechanical and technical advances, there is an increase in overuse syndromes of the upper extremities that chiefly involve soft-tissue abnormalities. These include occupational disorders such as epicondylitis syndromes, fibrositis, tendonitis and carpal tunnel syndrome. One reason for this rise is the abundance of computers; unlike its predecessor the typewriter, computer use involves less force and joint amplitude.



The ART® of cutting Workers' Comp. costs.

ART, short for Active Release Techniques®, is a revolutionary soft-tissue treatment system designed to identify and treat scar tissue adhesions. ART is a movement-based massage system that is extremely effective for accurately defining the condition and effectively treating repetitive-motion injuries and strain/sprain-type injuries.

This new technique is only performed by licensed medical professionals like our director, Dr. Ryan Van Matre, who have completed the postgraduate training courses and passed rigorous written and practical examinations. ART is one of the only medical techniques in North America with a federal process patent, so only certified ART practitioners are permitted to say they perform the technique.

This ART is backed by science.

In a recent study performed by Dr. Vert Mooney – professor of orthopedic surgery at the University of California, San Diego and member of the Editorial Board of the *Journal of Musculoskeletal Medicine* – the following observation was made in his abstract:

“Our experience with the Active Release Techniques in 29 patients who had either CTS or epicondylitis was a 75% success rate at 3 months, according to criteria that included functional testing, a pain questionnaire, and a pain drawing... Our results were better than others reported in the literature.”

Why settle for less?

Indy Spine and Rehab also offers excellent service, communication and accessibility to referring doctors and case managers. We give injured workers the personal attention and compassionate care that can make it easier for them to comply with treatment. As a result, we are able to get patients back to living their daily lives, with less chance of reinjury. For more details on the Active Release Techniques or our scientific evidence-based work injury care in general, or to schedule a consult, just call our office nearest you today.



Scientific, evidence-based care personalized to your lifestyle

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