

Korth Pain and Sports Rehabilitation

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Dr. Zachary Korth utilizes both traditional chiropractic adjustments as well as Active Release Technique®, a combination that has been proven to be most effective when performed by a certified practitioner.

Active Release Technique® is an innovative method of hands-on evaluation and treatment for soft-tissue injuries such as strains and tears, acute and chronic tendonitis, and even joint dysfunction. ART® is also highly effective in the treatment of peripheral nerve entrapment syndromes (pinched nerves) and studies are now showing that ART® often resolves injuries that otherwise might be considered "untreatable" or candidates for surgery.

Dr. Korth is versed in over 500 treatment protocols to alleviate pain such as headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems, tennis elbow and other chronic pains. His patients range from professional athletes, firemen and policemen, to medical doctors, accountants and stay-at-home parents.

Dr. Korth is also a Certified Chiropractic Extremities Practitioner (CCEP), which means that as a Chiropractor he focuses on the spine as well as every other joint in the body when diagnosing and treating. He uses a specific body assessment called the Selective Functional Movement Assessment (SFMA) that is utilized to find biomechanical issues that cause pain, poor movement patterns, and hinder athletic performance. After pain is removed and range of motion is restored Dr. Korth is SFG certified to teach kettlebell exercises to keep his patients functionally strong, fit, and healthy.

Dr. Korth is committed to providing his patients with cutting edge care that is aimed at the best results in the shortest amount of time.

After your initial evaluation, the doctor will discuss your treatment plan. A typical treatment plan consists of six to eight treatments. If at any time the doctor feels that you are not making adequate progress you will be referred out for further evaluation.

If you have any questions or concerns, please do not hesitate to call or email our office.
Sincerely,
Dr. Zachary R. Korth



What is Active Release Techniques (ART) to Individuals, Athletes, and Patients?

ART is a patented, state of the art soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves. Headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems, and tennis elbow are just a few of the many conditions that can be resolved quickly and permanently with ART. These conditions all have one important thing in common: they are often a result of overused muscles.

How do overuse conditions occur?

Over-used muscles (and other soft tissues) change in three important ways:

- acute conditions (pulls, tears, collisions, etc),
- accumulation of small tears (micro-trauma)
- not getting enough oxygen (hypoxia).

Each of these factors can cause your body to produce tough, dense scar tissue in the affected area. This scar tissue binds up and ties down tissues that need to move freely. As scar tissue builds up, muscles become shorter and weaker, tension on tendons causes tendonitis, and nerves can become trapped. This can cause reduced range of motion, loss of strength, and pain. If a nerve is trapped you may also feel tingling, numbness, and weakness.

What is an ART treatment like?

Every ART session is actually a combination of examination and treatment. The ART provider uses his or her 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.

These treatment protocols – over 500 specific moves – are unique to ART. They allow providers to identify and correct the specific problems that are affecting each individual patient. ART is not a cookie-cutter approach.