

Making an Appointment Making an appointment is easy. Call our office at (914) 242-8810. We will be able to take your insurance information, answer general questions, and set up an initial appointment. We want you to be as comfortable as possible when coming in to see us. Here is an outline of what you can expect.

Initial Visit The first thing you will do is fill out our intake forms. You can print them out at home and have them filled out before you get to the office, saving your valuable time as well as the doctors. If you cannot fill them out beforehand, please arrive early to have them filled out before your scheduled appointment time. These forms ask about your current problem, personal health history, Surgery, medications, and family health history. Please bring any necessary medical records, MRI reports, X-ray reports, etc. with you. You will also want to bring shorts or a tank top with you.

History We want to know what happened, when, under what conditions, treatments you have received, and your response to treatment. We will also ask you very specific and individualized questions to understand how your problem happened. This is an important part of solving your problem.

Exam The exam involves functional tests, orthopedic tests, neurological tests, soft tissue assessments, joint assessments, computerized nerve and muscle tests, and possibly x-rays (if necessary). If possible, we find a motion or position that reproduces your symptoms. Based on this position and/or movement, we can determine what structure or structures are injured. We combine this data to figure out what's wrong.

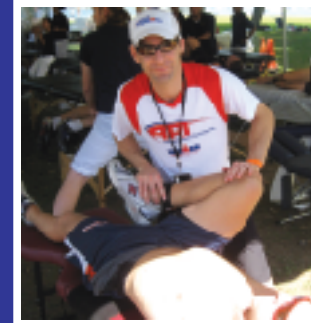
Diagnosis We determine exactly what structure is responsible for your pain. We tell you what has gone wrong to overload it and cause your injury. We identify contributing factors, and once we've determined your diagnosis, we explain it to you in a detailed way you can understand. Usually treatment isn't performed on the initial visit.

Discharge When your problem has been resolved, you will be discharged from care. At that time we will review what you had and what you need to do to minimize your chances of the problem recurring.

Maintenance Not all problems get 100% better, particularly if there is too much continued load (i.e. work demands, sports, work) or underlying pathology (i.e. old injury, surgical repair). If this is the case, maintenance treatment may be necessary. Maintenance schedules vary widely from patient to patient. We do everything we can to avoid this possibility.

**CALL Dr. Stuart Weitzman (914)242-8810
Find out how ART® can help you.**

Relieve your pain and restore your strength faster with ART®



About Active Release Technique®:

Active Release Techniques® is a patented soft tissue treatment system invented by Colorado Springs, CO Chiropractor Michael Leahy. It is a form of deep tissue work that involves the muscles, tendons, fascia (covers muscle), ligaments, and nerves. IT is used to treat acute or chronic injuries, repetitive strain injury and nerve entrapments like carpal tunnel syndrome, and sciatica. ART® is also used before and after surgery to reduce scar tissue formation and build up.

How does ART® work?

ART® works to break up and remove scar tissue deep within and between muscles and tendons, ligaments and nerves. ART® treatment is a hands-on treatment where the doctor identifies the scar tissue or adhesion in the injured muscle, joint, ligament, or nerves with his thumb or fingers. The tissue is shortened. The doctor applies tension while the patient moves the body part to lengthen the structure. This breaks up the scar tissue restoring normal movement and tissue function, relieving pain and improving performance.

How long will it take?

The average number of treatments for all conditions ranges between 6-12 visits per condition depending on severity and duration of symptoms. Typically treatments are 15 minutes in length.

Who benefits from ART®?

ART® has often helped injured athletes, performers and active people to return to their normal level of activity and strength more quickly than traditional methods.

Many college and professional sports teams have used ART® successfully, including the NY Knicks, New Jersey Nets, Denver Broncos, Princeton University's Women's and Men's Swimming and Diving Teams; World and Olympic Figure Skating Champions Jamie Sale and David Pelletier; and US National Champion Maria Runyan; and the last four 100M World Record Holders and Gold Medalists!

Dr. Weitzman's clients include runners, cyclists, swimmers, tri-athletes, tennis players, lacrosse players, soccer players, football players, dancers, musicians, new mothers, office workers, high school, college and professional athletes and many others.