

Chiropractic Treatments

Functional Movement Screen (FMS)- Soft Tissue Injury Rehabilitation using Graston FMS is an important tool in preventing injuries before you start an exercise program. Graston is a very effective tool to remove scar tissue.



Dr. Erwin Linzner, DC

Dr. Linzner graduated Valedictorian of his class at Western States Chiropractor College in 1993. He has managed his Chiropractic practice in Northern California since 1994. He is passionate about health and really enjoys helping his

patients get out of pain, and restore normal spinal function through diet, life style counseling, and Chiropractic treatments. He now has over two decades of experience in healthy lifestyle coaching and fasting supervision.

What is FMS?

FMS is a series of 7 tests to assess mobility, movement patterns and symmetry of an individual.

The Functional Movement screen (FMS) was designed to identify functional movement deficits and asymmetries that may be predictive of general musculoskeletal conditions and injuries, with an ultimate goal of being able to modify the identified movement deficits through individualized exercise prescription.

Whether you want to go dancing, start a new exercise program, cycling or any other activity, it is important to assess if you have any of these deficiencies. If these deficiencies exist, there is a high probability of injury with increased activity.

Dr. Linzner will perform the FMS and provide specific exercises to correct these deficiencies. The FMS takes about 30 minutes. You will be given access to a website that shows you videos of the exercises prescribed.

What is Graston?

Graston is a term for using metal tools to break down adhesion and scar tissue in the human body.

Dr. Linzner uses Graston Technique to rehabilitate soft tissue injuries that include muscle, connective tissue, ligaments and tendons. After an injury, scar tissue formation is a normal part of the healing process. However after eight weeks, when the injury is normally healed, the scar tissues can still cause pain and aberrant motion in joints. Graston is very effective in restoring normal soft tissue function and eliminating soft tissue pain.

In addition to Graston, Dr. Linzner also uses other modalities such as ultrasound, high volt therapy, and Rapid Release Technology (RRT) in his practice to rehab

soft tissue injuries. Also, Chiropractic manipulation to the spine, wrists and feet are regularly used to improve biomechanical dysfunction.

Benefits of FMS and doing appropriate exercises:

- Prevents injuries by limiting exercise in problematic areas
- Increases range of motion
- Reduces asymmetries
- Corrects aberrant movement patterns
- Help resolve limited range of motions.
- Insomnia

Benefits of chiropractic treatment with Graston:

- Helps reduce or eliminate acute or chronic pain
- Increases range of motion
- Increases circulation
- Improves strength of previously injured muscles



First Office Visit **\$120**; Return Visits **\$75**
Cost of FMS: **\$100**