

Clinic one of four in Iowa to use technique

A classroom project. A puddle of water. A nasty fall.

Donna Young, 52, of North Liberty, works as a teacher's aide and slipped in some water a few weeks ago.

"I fell flat on my back," she said.

Initially, she thought she had a broken tailbone. X-rays proved that wrong, but the injury left her in a lot of pain. She took painkillers for a week, hobbled around and then saw a newspaper ad for Adair Chiropractic, a new clinic in North Liberty.

She thought maybe they could help her.

"But the thought of someone touching me like a chiropractor, it just, I thought it would hurt too much," Young said.

She went in and saw Dr. Karla Adair, who tried a technique on her called active release. Instead of aligning joints and bones, it works to align soft tissues -- muscles, tendons, nerves, ligaments and scar tissue. Adair Chiropractic is one of four clinics in the state to practice the technique.

Young said Adair started by moving around the muscles in her lower back, and turning her leg in different positions. It burned a little, but otherwise didn't hurt, she said.

"The instant relief was unreal," Young said. "I was amazed. Before, I could hardly walk. I didn't know what it was. I hadn't heard of it. They helped me so much."

Adair, 26, graduated from Palmer College of Chiropractic in Davenport this fall. She and her husband, Nate, 28, opened their clinic in March, the first clinic for both. Nate Adair, a personal trainer, runs the clinic and does rehabilitation and personal training services.

Both say the active release technique works better than just adjustments to heal the body.

"What it mostly does is break up scar tissue, and aligns scar tissue with the lines of the muscles," Nate Adair said. "It increases blood flow and mobility. It lets the body heal faster and increases mobility."

Most chiropractors don't use the technique because it requires additional courses, Karla Adair said.

"I looked into it a little more and just realized how effective it was," she said. "I think muscle and joint are equally important. Muscle has a memory. So, it can take awhile to convince it to relax."

Paying attention to soft tissue around bones and joints can help a readjustment last, rather than move back to its old, incorrect, position, Nate Adair said.

"It helps so much," he said. "Typically, chiropractors put joints and bones back into alignment. ART focuses on the soft tissue around those bones. We're dealing with the whole body in itself. We want to get you in here to fix you as quickly as possible, so you don't have to come back in here."

Nate Adair said the technique was invented by a man who worked with Olympic athletes and helps athletes heal from injuries. The couple will do demonstrations after Iowa City's River Run on April 29.

"Right now, we are seeing quite a few athletes," he said. "It was made and created for athletes, but it can help an infant to an elderly male or female."

Nate Adair said, since opening, the couple's client base has been growing steadily larger.

"It's building," he said. "But the thing with a chiropractic practice, the best way is to experience it yourself or through word of mouth."

Details

- * What: Adair Chiropractic.
- * Where: 10 Circle Drive, Suite 1, North Liberty
- * Phone: 665-2323.
- * For more information: Go to www.activerelease.com.