

Frequently Asked Questions for Treating Soft Tissue Injuries

✘ *By Dr. Josh Akin and Dr. Jon Sebby* – There are various methods for treating soft tissue injuries. Active Release and Massage Therapy are two non-invasive soft tissue treatments to heal and prevent a wide variety of soft tissue injuries. To understand a soft tissue injury, it is important to comprehend the basic mechanism of a cumulative injury. It is also important to understand what occurs to your body when it is over stressed and the role that soft tissue treatments provides in treating the stress. [Read More About Frequently Asked Questions for Treating Soft Tissue Injuries](#)

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