

Since 1998, Dr. Kelli has had the pleasure of serving as the official Gonzaga Chiropractor. During that time, John Stockton, who frequented the training room, encouraged her to study something known as Advanced Muscle Integration Technique, (AMIT). This method was used by Craig Buhler, DC during the years he played for the Utah Jazz. John felt certain that his recovery and ability to stay in the game was maximized by this method of care.

While the concept was intriguing, the fact remained the work was difficult and required years of extra study and notable extra expense.

After watching Dr. Buhler travel with 10 athletes to the Vancouver Winter Olympics in 2010, and returning home with 10 gold medals, it changed Dr. Kelli's perspective and she began her monthly trips to Utah. We are pleased to provide this useful work to our patient population. There are less than 3 dozen Chiropractors around the country currently certified in AMIT.

What can cause pain?

Let's take these causes one at a time.

Typically we can lump the causes of pain into a handful of categories.

Causes of Pain
Restricted Joints
Irritated nerve from restricted joints
Fibrotic or sticky muscles
Weak muscles
Inflammatory milieu from poor diet
Stress and it's bodily influence
Inhibited muscles / inability to activate

Chiropractic Physicians are trained to do a sensational job of treating restricted joints through manipulation and relieving related nerve pressure. In our office we are trained in Active Release Technique (ART), an exceptional approach to reduced localized muscle fibrosis and nerve entrapment. We also are pleased to employ three tremendous massage therapists to assist in their recovery. We are trained in rehabilitation and have a certified athletic trainer to provide quality exercise needed to promote long term recovery. We have expertise in nutrition and can teach our patients how to eat themselves out of pain by educating about inflammatory foods. We are able to refer to mental health therapy to help relieve and manage stress. But what about the last cause, inhibited muscles?

Prior to adding AMIT to the office, we struggled with those patients whose pain related to the inability of a particular muscle to contract; the brain was not able to command the inhibited muscle. (A weak muscle can favorably improve with exercise. An inhibited muscle does not get stronger with exercise). What causes a muscle to go "offline?" Trauma such as an injury, surgery or exhaustion are common causes. The body is typically able to re-engage a muscle that goes offline, but if necessary resources are absent, a muscle can stay inhibited for years. AMIT helps to "reboot" the computer by contacting various reflex points, including acupuncture points in addition to manipulation of the correct level of the spine, influencing the nerve feeding that particular muscle. Once AMIT is completed, the muscle can quickly re-engage and control the range of motion of the nearby joints. While we think of muscles as movers of the body, in fact they are designed to protect our joints. Lack of this protection can be the sure fire cause of persistent pain.

Your Doctor will be able to determine if this addition to your course of care is