



Welcome to **Resolve STS**

CHRONIC PAIN

RELIEF STARTS HERE



Resolve Soft Tissue & Spine

www.resolvests.com



You're in the **right place**

We specialize in helping people who've been in pain for over six months —people who've already seen multiple providers, tried physical therapy, massage, chiropractic, maybe even surgery... and still didn't get the relief they're looking for.



We know how frustrating it is to bounce between treatments and get vague answers. That's why we take a different approach. One that's precise, testable, and focused on finding the true cause of your pain.



Who **We Help**

We help people who are tired of suffering, looking for permanent pain relief and ready to take ownership of their healing.

We're the right fit for people who:



Have been in chronic pain for **6+ months**



Have seen 2 or more providers with no lasting relief



Are ready to commit to a process—not just another “try it and see”



Are parents, professionals, athletes, and active people who want their life back



We are **NOT** the right fit for:

- ❌ New injuries (e.g., rolled ankle, pulled muscle) unless it's part of a recurring pattern
- ❌ People looking for a one-time treatment or quick fix
- ❌ Cases where pain doesn't change with movement, posture, or activity (these are often non-mechanical and need a different kind of provider)
- ❌ People who expect insurance to determine the quality or direction of their care

Adhesion: The Secret Cause of Chronic Pain

"The glue causes your muscles to be TIGHT...
and WEAK... and PAINFUL."

The #1 most overlooked cause of chronic pain is something called adhesion.
It acts like glue inside your muscles, fascia, and around your nerves.



It makes **muscles tight**, so you feel stiff or like you need to stretch constantly.

It makes **muscles weak**, so you can't hold a posture or keep up with activity



It gets missed by most providers because they can't feel it, test it, or remove it effectively.

"If you've ever had a scar, you've seen adhesion before. That's just trauma-related. But most adhesion comes from overuse—the repetitive postures and movements you do every day."

What **We Treat**

We specialize in treating pain that:

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Has a clear, repetitive symptom pattern (it shows up in the same places every day)



Is aggravated by specific movements, activities, or sustained postures



Has not improved with massage, chiropractic, PT, injections, or even surgery

These are hallmark signs that adhesion is involved—and if it is, we can help.

We often work with patients who've been told they have:

- Sciatica (“piriformis syndrome”)
- Pinched Nerve
- Disc Injuries
- Carpal Tunnel Syndrome
- Plantar Fasciitis
- Chronic Hamstring, Hip, or Shoulder Pain, Knee Pain, etc.

If your pain has a name and a pattern—but no provider has been able to fix it—adhesion is likely the missing piece!





How Adhesion Builds Up

- The desk worker who types all day: forearm, neck or wrist adhesion
- The mom who holds her baby on one hip: lower back or hip adhesion
- The runner who trains daily: Hip flexor, hamstring or calf adhesion

When muscles are overused and don't get enough recovery, microscopic tears form. The body patches them with glue-like tissue—adhesion.



The good news?

It's easily fixable when treated precisely by hand by an expert. And when we remove it, your pain often improves *immediately*.

"Get muscle knots worked on = 48 hours of relief.
Get adhesion removed = **permanent relief.**"

Our **Process**

- 1 Consultation**
We listen. We ask better questions. We review your case in detail.
- 2 Exam**
We test your range of motion, locate adhesion with our hands, and give you a clear answer.
- 3 Treatment**
If we can help, we get to work. If we can't, we'll refer you to someone who can.



The **5 Visit Rule**

We don't believe in endless treatment plans.

"No matter how long you've been in pain, you should see some percentage of permanent relief in 5 visits or less."

If you're not better after 5 visits, we re-evaluate. That's our promise to you. It keeps us honest. And it keeps your care focused on what works.

How to make the most of your consultation.

We know how frustrating it is to bounce between treatments and get vague answers. That's why we take a different approach. One that's precise, testable, and focused on finding the true cause of your pain. *In order for us to provide you with the best possible care, we urge our patients to arrive at their Consultation prepared with how to describe their pain.*

SYMPTOM LOCATION

- Where exactly is your pain? Identify the precise areas or regions.

WHAT DOES IT FEEL LIKE?

- Be as detailed as possible
- It can be more than one description - for example, does it feel achy, deep, dull, sharp, pinchy, burning, weak, tight or like pins and needles?
- If you have more than one location, note that each may have different qualities.

PROVOCATIVE FACORS

- What makes each pain location worse?
- Are there specific movements, posture or activities that increase your pain?
- For example, if sitting increases your lower back pain, how long can you sit before it starts to build? How long before it forces you to change position?

PALLIATIVE FACTORS

- What makes each pain location better? Maybe it doesn't necessarily remove the pain, but gives you a bit of a reprieve?
- For example, if your back starts to hurt after 20 minutes of sitting, does getting up and walking reduce the pain? How long does it take to settle back down?
- What positions, postures, or movements help take the edge off?

These details help us measure progress. **Pain is complex** and often changes through variables like duration and intensity. For example, maybe you can now sit for 45 minutes before pain builds instead of 30 minutes, or the pain isn't as intense when it does appear. These are **key metrics** we track because they show real improvement and guide our load management and treatment durability.

See What **Others Are Saying**

We've helped hundreds of patients finally get relief—and we're proud to be one of the highest-rated chronic pain clinics in Charlotte.

Read our 100+
5-star reviews here:



Google Reviews



<https://g.co/kgs/4XoQTLN>

You've Already **Taken the First Step.**

We're honored to guide you the rest of the way.

If you have questions before your first visit, don't hesitate to reach out.
We're here to make this simple, clear, and effective.
We're looking forward to meeting you.

— **Zac Breedlove**

Owner & Adhesion Release Specialist