



Advanced Muscle Integration Technique (AMIT®) Expands the Future of Orthopedic and Sports Medicine

A.M.I.T.® offers a cutting-edge approach to muscle dysfunction, helping active individuals recover faster and move better using nontraditional methods.

DRAPER, UT, UNITED STATES, September 30, 2025 /EINPresswire.com/ -- A new era in sports medicine is taking shape with the rise of Advanced Muscle Integration Technique ([A.M.I.T.®](#)), a revolutionary approach that is shifting the standard of care for individuals dealing with pain, performance issues, and movement dysfunction. Rooted in decades of clinical research, A.M.I.T.® is now being recognized as a forward-thinking solution for those seeking to overcome physical limitations and maintain peak function.

Developed by Dr. Craig Buhler, D.C., A.M.I.T.® is designed to identify and reactivate muscles that have been neurologically inhibited due to injury, stress, or overuse. These weakened muscles are often missed by traditional approaches, causing the body to compensate in ways that lead to pain, instability, and poor performance. A.M.I.T.® uses a step-by-step process to find and reactivate these muscles, helping restore strength, coordination, and balance.

Unlike traditional models of care that often focus on symptom management, A.M.I.T.® addresses the source of dysfunction by targeting specific muscle imbalances before they lead to further injury. Athletes, active individuals, and those dealing with chronic discomfort are experiencing significant benefits from this approach, particularly in the areas of back pain, knee pain, shoulder pain, [plantar fasciitis](#), tennis elbow, and neck issues.

A.M.I.T.® Clinic in Draper, Utah is helping both local residents and individuals from across the country experience the benefits of this innovative technique. People are traveling to Draper to find lasting solutions through A.M.I.T.®, especially when other approaches have not provided consistent results. This method is offering new hope for those seeking long-term improvement in strength, stability, and movement.

As demand for more advanced, personalized care increases, A.M.I.T.® is quickly becoming known as the future of orthopedic and performance-based support.

To learn more about A.M.I.T.® and how it can support long-term recovery and performance, visit the A.M.I.T.® Clinic [website](#).

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