



## About Active Release Technique (ART)

### What is Active Release Technique (ART)?

A.R.T. is a patented, state of the art soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves. ART is helpful in the treatment of:

- Headaches
- Back pain
- Carpal tunnel syndrome
- Shin splints
- Shoulder pain
- Sciatica
- Plantar fasciitis
- Knee problems
- Tennis elbow

These conditions all have one important thing in common: they are often a result of overused muscles.

### How do overuse conditions occur?

Over-used muscles (and other soft tissues) change in three important ways:

- acute conditions ( pulls, tears, collisions, etc)
- accumulation of small tears (micro-trauma)
- not getting enough oxygen (hypoxia)

Each of these factors can cause your body to produce tough, dense scar tissue in the affected area. This scar tissue binds up and ties down tissues, including nerves and blood vessels, that need to move freely.

As scar tissue builds up muscles become shorter and weaker, tension on tendons causes tendonitis and nerves can become trapped. This can cause reduced range of motion, loss of strength and pain. If a nerve is trapped you may also feel tingling, numbness, and weakness.

### What is an ART treatment like?

Every ART session is actually a combination of examination and treatment. The ART provider uses his or her hands to evaluate the texture, tightness and movement of muscles, fascia, tendons, ligaments and nerves.

Abnormal tissues are treated by combining precisely directed tension with very specific patient movements. These treatment protocols - over 500 specific moves - are unique to ART. They allow providers to identify and correct the specific problems that are affecting each individual patient.

Treatment duration and frequency may vary depending on the severity and complexity of the injury. However, most patients experience rapid recovery.



### **Who can benefit from ART?**

What we hear most is, "I have had this pain for a long time and up until now, no one has been able to find the cause. You found the source of the problem right away."

Soft tissue conditions often do not show up on radiographic studies. When soft tissue has been injured, or even chronically tight, it forms scar tissue which ART treats. We see a broad range of injuries and chronic conditions. ART is successful for:

- Professional and amateur athletes
- People injured in auto accidents
- People injured at work
- People who just work hard and hurt

Symptoms vary from aches and pains to burning muscles, to numbness and tingling.

### **How is ART different?**

Active Release Techniques (ART) soft tissue management system is so different that it has been granted a medical patent.

In order to become an ART Certified Provider, each professional must complete extensive hands-on instruction and written/practical testing unparalleled by other soft tissue programs. An ART Certified Provider is trained to palpate and treat more than 300 muscular and fascial injuries and over 100 nerve entrapments, which often cause numbness, tingling, and pain.

In order to ensure the highest quality of the technique, ART is copyrighted, trademarked, and patented. By protecting the technique we are protecting our patients. This ensures that consistent, quality care can be found wherever you travel.

### **PATIENT TESTIMONIALS**

My injury left me with no chance of ever playing hockey again. Now, after being treated with ART and a proper rehabilitation program, I have completely regained my career in Hockey.  
- Gary Roberts, NHL Forward

Making action films has really been tough on my body. Thanks to Dr. Leahy and Active Release Techniques, I'm able to perform! After treatment, I feel great... ready for the next challenging role.  
· Danny Glover, Professional Actor

All the doctors said I needed surgery for impingement syndrome in both shoulders. After one treatment, I rebooked all my competitions and trained to be in the best shape of my life.  
- Milos Sarcev, Mr. Universe 1989



ART has allowed me to return to computer graphics and my dream of starting my own video-game company. I am a college student who was suffering for three years from CTS and had to switch majors until coming across ART. Thank you so much!!!

- Branimir Beric

From a provider who is also a patient: For the past five years, I have successfully competed in a senior baseball league and have participated over the past two seasons on national championship teams. I would not be capable of competing at the level I have if it were not for the tremendous results achieved on my pitching arm through Active Release Techniques.

· Terry R. Yochum, D.C., D.A.C.B.R., F.I.C.C., Fellow, A.C.C.R.

I suffer from plantar fasciitis. I began using ART in 1998 and found something that actually helped. It works quickly and effectively.

-Marla Runyan, Reigning 5000M US Champion

When we do some ART, I feel much looser– almost something like I have a new body. It's for people who are in discomfort everyday. I have sent my mother and cousin for ART.

-Jamie Sale, Figure Skater, Olympic Gold Medalist

I refer most of my patients diagnosed with soft tissue conditions to ART providers. ART provides my patients with an effective treatment, rapid recovery, and lasting results. My patients and I are grateful to our ART providers.

- Dr. Linda Silveira, M.D.

### **What is the history of Active Release Techniques?**

ART has been developed, refined, and patented by P. Michael Leahy, DC, CCSP. Dr. Leahy noticed that his patients' symptoms seemed to be related to changes in their soft tissue that could be felt by hand. By observing how muscles, fascia, tendons, ligaments and nerves responded to different types of work, Dr. Leahy was able to consistently resolve over 90% of his patients' problems. He now teaches and certifies health care providers all over the world to use ART.