

## Active Release Techniques

### Active Release Techniques (ART) Defined

Active Release Techniques is a patented treatment practiced by a wide range of healthcare professionals, including Chiropractors, Massage Therapists, Physiotherapists and Sports Physicians. It is a non-invasive treatment that focuses on soft tissue. Scar tissue and adhesions can cause stiffness, pain, muscle weakness, numbness and biomechanical dysfunctions. Many of these conditions are associated with injuries and repetitive strains. The ART process identifies the problem and heals the affected tissue. ART is classified as a multidisciplinary procedure.

### What does an ART session feel like?

ART is non-invasive and considered to be safe. ART causes virtually no side effects. Its results can be quite remarkable. There may be some discomfort during the movement phase of the treatment as adhesions are being removed. However, the discomfort does not last long and disappears quickly following the treatment. The pain felt during treatment indicates that the problem has been identified as the symptoms are being triggered. The discomfort is sometimes called a "good hurt" because it precedes resolution of the problem.\*

### History of Active Release Techniques

Dr. P. Michael Leahy, DC, CCSP developed, refined and patented ART. He observed that patients' symptoms seemed to correlate to changes in their soft tissue that he could feel by hand. He determined the various ways that muscles, tendons, fascia, ligaments and nerves respond to different types of manual manipulation. The treatment he developed was effective at helping over 90% of his patients. Dr. Leahy went on to become a teacher of this process. He currently certifies health care practitioners globally in the use of ART.

\*Effectiveness varies depending on the patient.