

Active Release Technique

TO EXPLAIN WHAT ACTIVE RELEASE TECHNIQUES® IS, WE MUST FIRST UNDERSTAND WHAT IT IS NOT. A.R.T® IS NOT MASSAGE, PHYSIOTHERAPY OR CHIROPRACTIC.

A.R.T® is a medically patented technique that shortens treatment time and provides real and lasting solutions to musculoskeletal problems. **A.R.T® is new, it is different and most importantly, it works.**

An A.R.T®, practitioner is extensively trained to find the exact tissue that is causing your problem; using their hands to restore flexibility and circulation. **Decreased pain and increased tolerance to activity is usually noticed immediately.**

The creator of Active Release Techniques®, Dr. Mike Leahy, was an aeronautical engineer and test pilot for the US Air Force before changing paths and becoming a Doctor of Chiropractic. His engineering background and understanding of the body's mechanics gave him a unique insight into the problems incurred when muscles are injured, overused or repetitively strained.

Increased computer use has led to a dramatic rise in repetitive strain (RSI) or overuse injuries. Traditional treatment typically involves rest, ice, various electrical modalities, corrective exercise, anti-inflammatory drugs or surgery.

Some interesting research during the 1980s shed some light on why results from traditional approaches to treatment are limited. It was discovered that the aches and pains a person gets from overuse of their body was not really caused by inflammation as originally thought.

They found the areas doing most of the work were starved for blood and, became shorter due to the accumulation of **scar tissue**.

With a better understanding, came a better treatment.

Dr. Leahy developed Active Release Techniques® for the sole purpose of breaking down scar tissue. Since A.R.T® also works on different principles relative to other soft tissue techniques, it was granted a medical patent in 1985.

Within 3 years of Dr. Leahy starting to treat the Denver Broncos, every Grid Iron team in the NFL had an A.R.T® provider. Now most sporting franchises in North America can train harder for longer with less injury with the help of A.R.T®.

A.R.T® is a global sponsor of the Ironman and Triathlon series. Dr. Leahy, a veteran of 25 Ironman events, is well acquainted with the repetitive strain these athletes undergo. It has been a great proving ground for the effectiveness of A.R.T®.

The problems encountered by endurance athletes have the same root cause as the problems experienced by office workers; scar tissue.

SIGNS YOU HAVE SCAR TISSUE

Muscles feel achy, tight, hard and ropey

Stretching feels uncomfortable

No matter how much you stretch, the muscle only lengthens temporarily

Decreased power and tolerance to work or exercise

A.R.T® is now also recognised by OSHA (Occupational Health & Safety in the USA) as best practice for management of repetitive strain and overuse injuries in the work place.

If other methods have not worked for you, chances are an experienced practitioner can get results.