

Active Release Techniques®

What is Active Release?

Active Release Techniques® a state of the art, hands-on system that treats problems related to soft tissue (muscles, ligaments, tendons, fascia and nerves). This non-invasive healing procedure locates and breaks down scar tissue and adhesions that are a result of soft-tissue injuries. Many daily activities exhibit repetitive stress and scar tissue is formed. This creates symptoms of pain, stiffness, decreased range of motion, numbness and weakness. ART® allows practitioners to identify the source of problem and treat soft tissues in a way that will restore proper function and allow you to work, play & perform at your best.

ART® has become one of the most sought after and successful treatments for soft tissue injuries. It has a 90% success rate for treating soft tissue injuries like:

- Headaches
- Back pain
- Hip pain
- Neck pain
- Carpal tunnel syndrome
- Golfer's elbow
- Tendonitis
- Shin splints
- Rotator Cuff Injuries
- Shoulder pain
- Sciatica
- Leg pain
- TMJ
- Plantar fasciitis
- Knee problems
- Tennis elbow
- Achilles Tendonitis
- ITBand Syndrome

With over 500 specific protocols, any abnormal tissue can benefit from ART. Each protocol allows the practitioner to identify and correct the specific problems that are unique to each patient.

Why do I need ART®?

ART® is needed when soft tissues become injured. Repetitive strain, acute injury or even constant pressure on a tissue can cause injury. Once injured, our body produces dense, tough scar tissue called adhesions in the affected area. Adhesions alter what is normal for a tissue. Without treating the adhesions, the scar tissue builds up and as a result, there is a decreased range of motion, weakness, pain and possibly numbness and tingling.

ART® helps anyone who leads an active lifestyle or sits at a computer all day. Soft tissue injury exists in just about all of us!

Treatment Description

An ART treatment is performed by applying a specific tension to an adhesion while lengthening the tissue. This allows the tissue to re-gain its normal texture, tightness and movement, thus, alleviating the symptoms. Treatments take between 5 to 15 minutes and comfort level varies by each individual. At times ART can be described as mildly uncomfortable but the therapeutic benefits easily outweigh any tenderness felt during a treatment. Please wear clothes that allow us to comfortably reach the affected area or bring/wear a tank top or pair of shorts to your treatments. There is an additional cost of \$25 for ART treatments

**Receive ART treatments at Lifestyles Wellness Group.
403.247.9301**