

Active Release Technique

Active Release Technique® (ART®) is a patented soft tissue technique that treats problems with muscles, tendons, ligaments, fascia (connective tissue), and nerves. A multitude of musculoskeletal conditions can benefit from ART. These conditions all have one important similarity: they are frequently the result of overused muscles, causing muscle spasm, scar tissue and eventual loss of function within a region of the body.

What makes Active Release Technique different from other techniques?

The difference between ART and other techniques is that during an ART treatment, the patient actively moves the affected structure (muscle or ligament) while the practitioner presses or maintains contact on the injured area. This allows the practitioner to feel the structure as it moves under their contact, and to effectively treat those restricted muscles, tendons, or ligaments.

Who might benefit from ART?

Over 500 specific moves make up the treatment protocols used in ART, allowing the practitioner to tailor treatment to the unique needs of each patient. Individuals who may benefit from ART include:

- Members of the athletic community, both recreational and professional.
- Chronic pain patients with symptoms mimicking an overuse syndrome
- Anyone who has not been able to find relief through conventional therapies

What to expect during an ART session?

An ART session is both an examination and a treatment. As the ART website explains, “the 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.”

The specific techniques that are used vary according to the needs of the patient, but examples include:

- Neck stretch while the patient is lying on their back
- Hamstring stretch while patient is lying on their back
- Side-lying stretch for patients with lower back pain
- Seated mid-back stretch for people who spend a lot of time on the computer

ART is a specific, targeted treatment, and patients often see results within 2-4 weeks, or 3-6 visits

Active Release Technique is Provided in Our Office by Dr. Michelle Cassells