

Active Release Technique:

Targeted Soft Tissue Therapy

Active Release Technique (ART) is a specialized hands-on therapy designed to treat soft tissue injuries and conditions. By combining precise movements with direct pressure, ART effectively breaks down scar tissue and adhesions, restoring normal function and alleviating pain.

How Does Active Release Technique Work?

ART involves the practitioner using their hands to evaluate the texture, tightness, and movement of muscles, fascia, tendons, ligaments, and nerves. Here's how it works:

1. **Initial Assessment:** The session begins with a thorough assessment to identify the areas of tension, pain, and restricted movement. The practitioner will ask about your symptoms and medical history to tailor the treatment to your specific needs.
2. **Targeted Pressure and Movement:** The practitioner uses their hands to apply precise pressure to the affected area while you perform specific movements. This combination helps to break down scar tissue and adhesions that are causing pain and restricted movement.
3. **Release of Restrictions:** Through repeated application, ART helps to restore normal texture and motion to the soft tissues, improving flexibility, reducing pain, and enhancing function.

Benefits of Active Release Technique

- **Effective Pain Relief:** ART can provide significant relief from chronic and acute pain by addressing the root cause of soft tissue dysfunction.
- **Improved Mobility:** By breaking down scar tissue and adhesions, ART enhances range of motion and flexibility.
- **Quick Results:** Many patients experience noticeable improvements after just a few sessions.
- **Versatile Applications:** ART can be used to treat a wide range of conditions, including back pain, neck pain, shoulder pain, carpal tunnel syndrome, and sports injuries.

Who Can Benefit from Active Release Technique?

ART is versatile and can be beneficial for a wide range of patients, including:

- Athletes looking to recover from sports-related injuries and enhance performance
- Individuals suffering from repetitive strain injuries, such as carpal tunnel syndrome or tennis elbow
- Those experiencing chronic pain conditions, such as lower back pain or plantar fasciitis
- Patients with restricted mobility due to scar tissue or adhesions
- Anyone seeking an effective and non-invasive treatment for soft tissue dysfunction

What to Expect During Your Visit

During your initial visit, the practitioner will conduct a thorough examination, including a detailed history and physical assessment. Based on the findings, a customized treatment plan utilizing Active Release Technique will be created to address your specific needs.

Regular follow-up visits will monitor your progress and make necessary adjustments to your treatment plan, ensuring optimal results and long-term wellness.

If you have any questions or would like to schedule an appointment to experience the benefits of Active Release Technique, please contact us today. Our team is dedicated to providing you with the highest quality of care in a comfortable and welcoming environment.