

(ART) ACTIVE RELEASE TECHNIQUE

Active Release Technique (ART) is a manual therapy and soft tissue manipulation technique that is used to treat various musculoskeletal and soft tissue conditions. It was developed by Dr. P. Michael Leahy in the late 1980s and has gained popularity as an effective treatment approach, especially among athletes and individuals with overuse injuries.

ART is based on the premise that scar tissue and adhesions can form in muscles, tendons, ligaments, and other soft tissues as a result of injury, overuse, or repetitive motion. These adhesions can lead to pain, reduced range of motion, and dysfunction in the affected area. ART aims to locate and treat these adhesions by applying specific tension and pressure to the soft tissues while the patient actively moves the affected area through a range of motion. The goal is to break up the adhesions, restore normal tissue texture, and improve function.

Here's how an ART session typically works:

1. **Assessment:** The ART practitioner assesses the patient's movement, identifies areas of tension, and locates the adhesions or scar tissue.
2. **Treatment:** The practitioner uses their hands to apply precise pressure and tension to the affected area while instructing the patient to move the area actively. This combination of manual pressure and movement helps to break up adhesions.
3. **Repetition:** The process may be repeated for multiple adhesions or areas of concern during a single session.
4. **Follow-up:** Depending on the severity and chronicity of the condition, multiple ART sessions may be necessary to achieve the desired results. Patients are often given specific exercises to perform at home to complement the treatment.

ART is commonly used to treat a range of conditions, including:

- Tendonitis

- Muscle strains
- Ligament sprains
- Repetitive strain injuries (e.g., carpal tunnel syndrome)
- Frozen shoulder
- Plantar fasciitis
- Tennis elbow
- Neck and back pain
- Headaches related to muscular tension

It's important to note that ART should be performed by a trained and certified ART practitioner who has a deep understanding of anatomy and biomechanics. If you're considering ART as a treatment option, consult with a qualified healthcare professional who can assess your condition and determine if ART is appropriate for your specific needs.