



Physician

"I refer most of my patients diagnosed with soft tissue conditions to ART providers. ART provides my patients with an effective treatment, rapid recovery, and lasting results. My patients and I are grateful to our ART providers."

Dr. Linda Silveira, M.D.

How is ART different?

Active Release Techniques (ART®) soft tissue management system is so different that it has been granted a medical patent. In order to become an ART provider, each professional must complete extensive hands on instruction and written/practical testing unparalleled by other soft tissue programs. An ART provider is trained to palpate and treat more than 300 muscular and fascial injuries and over 100 nerve entrapments, which often cause numbness and tingling.

ART has also developed an advanced training program called ART Biomechanics Certification. These providers study the body in motion and address the sites which prevent optimum performance. This type of care is so effective that it is common to find Biomechanics Certified providers treating professional football, basketball, hockey, and Olympic athletes.

What is causing the pain?

Soft tissue conditions often do not show up in radiographic studies. When soft tissue has been injured, or even chronically tight, it forms scar tissue. While necessary for healing, scar tissue may stick to adjacent structures restricting range of motion and may cause compression over nerves or blood vessels. This condition alters the texture of soft tissue, which an experienced ART provider can diagnose and treat.

Patient

"After being in a car accident, I tried numerous therapies that did very little for me. I then found ART. The treatments worked quickly and gave me my life back. I'm thrilled and a true ART advocate."

**Michelle Wallace,
Auto Insurance Adjuster**

What can be expected from treatment?

Active Release Techniques, as the name implies, uses motion to fix the problem. Once the injury has been assessed, the provider uses hands on treatment and patient motion to "free up" the problem areas.

Treatment duration and frequency may vary depending on the severity and complexity of the injury. However, most patients experience rapid recovery.

Who can benefit from ART?

What we hear most is, "I have had this pain for a long time, and up until now, no one has been able to find the cause. You found the source of the problem right away."

This is because no one is trained to palpate these specific conditions like an ART provider. Seeing an ART provider is like seeing a soft tissue and nerve specialist. Until now, no such specialist existed.

Since an ART provider is qualified to diagnose and treat over 400 structures, we see a broad range of injuries and conditions. ART is successful for professional and amateur athletes, people injured in auto accidents or at work, and people who just work hard and hurt. Symptoms vary from aches and pains, to burning muscles, to numbness and tingling.

Athlete

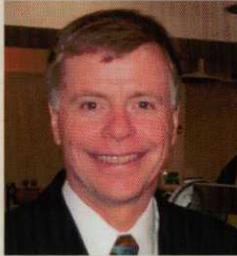
"The week prior to the Pan American Games I was not able to walk or swim due to severe plantar fasciitis and shoulder tendonitis. ART not only made it possible for me to compete, but to set personal records. Thanks to Active Release I won the Pan American Games and qualified for the Olympic Games."



**Anita Allen,
Olympic Pentathlete**

The Founder of ART®

In 1984, Dr. P. Michael Leahy pioneered ART. He combined principles of his former education in aeronautical engineering with his schooling and experience as a chiropractor to create this revolutionary treatment. Since then, thousands of health care professionals have been trained worldwide. Now, ART is becoming the most requested form of soft tissue treatment in physical medicine.



P. Michael Leahy, DC

To locate an ART provider in your area, log onto www.ActiveRelease.com. Just enter your zip code or city name into the appropriate field and a list of certified providers will appear. If you cannot find a provider in your area contact Active Release Headquarters by email at info@activerelease.com or call 1-888-396-2727.

"I want to assure you that quality care is my number one priority. In order to ensure the highest quality of the technique, ART is copyrighted, trademarked, and patented. By protecting the technique we are protecting our patients. This ensures that consistent, quality care can be found wherever you travel."

Yours in Health,

A handwritten signature in black ink that reads "P. Michael Leahy".

The Gold Standard in Soft Tissue Treatment

In 1990, Dr. Leahy composed a definition of carpal tunnel and cumulative trauma disorders (CTD) for the Colorado Division of Labor. This definition was a result of Dr. Leahy's proven success rate in accurate diagnosis, short treatment duration and cost effectiveness of these conditions.

To accurately define CTD, Dr. Leahy observed a consistent set of principles governing these conditions and defined this as, The Cumulative Injury Cycle. To make these principles more universal he created the mathematical formula titled, The Law of Repetitive Motion. These principles are the basis upon which Dr. Leahy founded ART.

Researchers, Dawes and Peacock, demonstrated that hypoxia leads to a series of reactions attracting fibroblast mitogens to affected tissues, thus forming lesions reducing strength and flexibility on a cellular level. ART is the most effective and least invasive manual therapy technique proven to correct this condition.

ART has been widely published, cited in hundreds of journal, magazine, and newspaper articles. It has been highly effective with cumulative trauma disorders, peripheral nerve entrapments, muscle and ligament tears, and metaplastic tissue changes. Since Active Release addresses a wide variety of conditions, certified providers receive referrals from all types of licensed health care providers.



The Gold Standard in Soft Tissue Treatment

- Repetitive Strain
- Sports Injuries
- Cumulative Trauma Disorders

