

Active Release Therapy

What are over used muscles?

Over-used muscles (and other soft tissues) change in three important ways:

- acute conditions (pulls, tears, collisions, etc),
- accumulation of small tears (micro-trauma)
- not getting enough oxygen (hypoxia).

What is the history of Active Release Techniques?

ART has been developed, refined, and patented by P. Michael Leahy, DC, CCSP. Dr. Leahy noticed that his patients' symptoms seemed to be related to changes in their soft tissue that could be felt by hand.

By observing how muscles, fascia, tendons, ligaments and nerves responded to different types of work, Dr. Leahy was able to consistently resolve over 90% of his patients' problems. He now teaches and certifies health care providers all over the world to use ART.