

Active Release Technique

Jan 7, 2025 · Active Release Technique plays a crucial role in both preventing injuries and facilitating faster recovery. By keeping muscles and tissues supple and free from adhesions, ART reduces the ... Jul 31, 2025 · Active Release Technique is commonly used to ease tight or irritated soft tissue, improve movement, and reduce pain caused by overuse, injury, or inefficient movement patterns. Alesha Willis DC Active Release Techniques Phone: (719) 634-7463 awillis@activerelease.com Get directions 9240 Explorer Dr., Suite 210, Colorado Springs , CO 80920 May 1, 2026 · Active Release Technique (ART) is a patented, hands-on soft tissue treatment designed to break up scar tissue and adhesions in muscles, tendons, ligaments, connective tissue, and nerves. Oct 21, 2022 · This article is about active release therapy. After explaining who performs this treatment, it will discuss its purpose and the conditions that it might help. Apr 10, 2025 · This post explains what Active Release Technique is and breaks down its benefits and common uses. You will learn what to expect during a session and discover who can benefit most from ... Active Release Techniques (ART) are a soft tissue method that focuses on relieving tissue tension via the removal of fibrosis/adhesions which can develop in tissues as a result of overload due to repetitive use.[1] Sep 19, 2024 · Active release technique (ART) claims to treat musculoskeletal issues by physically manipulating affected tissues. However, little high quality research supports these claims. Aug 30, 2012 · Active Release Technique® (or ART) is a patented soft tissue technique that treats problems with muscles, tendons, ligaments, fascia (connective tissue), and nerves. People with various ... Active Release Techniques has been proven to resolve musculoskeletal conditions in less than four treatments, driving immediate results that reduce injury risk, recordables, and workers' comp claims.

Active release therapy: Purpose, technique, and efficacy

[Active Release Techniques - Physiopedia](#)

What Is Active Release Therapy and How Does It Work?

Active Release Technique: Reported Benefits and Risks - Healthline

What Is Active Release Technique? Benefits, Uses, and What to Expect

Introduction to Active Release Technique - HSS

Active Release Technique [8 Clinical Principles With Examples]

What Is Active Release Technique (ART)? | Essential Motion

Active Release Techniques | Gold Standard Soft-Tissue Therapy

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Active Release Technique

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