

Services

Active Release Technique

Active Release Technique (ART®) is a patented, scientific soft tissue system. Customized to each patient, it involves movement-based massage to treat problems impacting the muscles, tendons, fascia, ligaments and nerves.

Patients who suffer headaches, back pain, carpal tunnel syndrome, shoulder pains, knee problems, shin splints, sciatica, plantar fasciitis and tennis elbow are among those who can benefit greatly from this specialized technique.

We have found this to be an effective way to resolve these issues rapidly and in most cases, permanently.

It involves a combination of examination and treatment. More than 500 unique moves are involved, making ARTR unique and effective.