

Active Release Technique Manual

The Active Release Technique (ART) is a Manual Therapy technique based on soft-tissue mobilization. It is used to treat injuries to the muscles, tendons,

and ligaments which often stem from repetitive stress or trauma.

**Active Release
Techniques -
Physiopedia
What is an Active
Release Technique
(ART)? Its Benefits ...
Active Release
Technique Manual
Active Release
Technique (ART) is a**

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active-release-technique-manual

patented, state of the art
soft tissue
system/movement based
massage technique that
helps in treating
problems with muscles,
tendons, ligaments,
fascia and nerves.

What is an Active Release Technique (ART)? Its Benefits ...

Dr. P. Michael Leahy
started Active Release

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Techniques® over 30 years ago. It began as a way to treat soft tissue disorders for elite athletes so that they could get back to peak performance as quickly as possible. In 1988, colleagues convinced Dr. Leahy to hold a seminar to teach his method of treatment.

ART Manuals and

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active-release-technique-manual

Videos - Active Release

ACTIVE RELEASE TECHNIQUES (ART)

Specially certified therapists use Active Release Techniques (ART) to diagnose and treat soft tissue injuries created by scar tissue.

This manual, hands-on therapy breaks up adhesions which limit normal range of motion causing pain and

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tension.

**Active Release
Techniques (ART) —
Active Spine & Sport**

...

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

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active-release-technique-manual

a result of overload due to repetitive use.[1]
These disorders may lead to muscular weakness, numbness, aching, tingling and burning sensations.

Active Release

Techniques -

Physiopedia

Active Release

Techniques is protected

by US patent

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#6,283,916. A patent grants the patent holder exclusive rights to use and sell the ideas contained in the patent. A patent will only be issued if the ideas are new, useful and have not been previously disclosed. This last point of previous disclosure is interesting.

Manual Adhesion

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Release™ and Active Release Techniques ...

Active Release Therapy, also known as ART®, is a technique used to treat soft tissue injuries and issues with fascia, ligaments, muscles, nerves, and tendons.

The therapy originated from the study of athletes and biomechanics and was originally used to tend

Page 9/92

to sports injuries.

**Manual Works -
Active Release
Therapy Mississauga,
Active ...**

A skilled technique performed by physical therapists with specialized training.

Available at select locations. Massage Treatment ART is a patented, state-of-the-

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active-release-technique-manual

art, soft tissue
system/movement based
Active Release
Techniques - Physical
Therapy | ATI Physical
Therapy

**Active Release
Techniques - Physical
Therapy | ATI ...**

The Active Release
Technique (ART) is a
Manual Therapy
technique based on soft-

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active-release-technique-manual

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**Active Release
Technique in Austin |
Active Release
Therapy**

dry needling, muscle
energy technique

Page 12/92

(MET), Graston technique (GT), manual neuromuscular therapy (MNT), myofascial release (MR), Active Release Technique (ART), and muscle activation technique (MAT). There is limited evidence in the form of randomized controlled studies that indicate the effectiveness of the aforementioned

treatment options and rationale for the use of these techniques is mainly anecdotal. The

**Active release
technique for
ITBS-5-5-14 - FLVC**

Active Release

Technique (ART):

Active Release

Technique (ART) is a patented soft tissue treatment which use

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specified techniques to release soft tissue adhesions. It was a huge step forward in manual therapy in the early 90's. But it has its limitations.

"How is this different from Active Release Technique ...

Release Your Pain - Resolving Soft Tissue Injuries with Exercise

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and Active Release
Techniques by Abelson,
Brian James, Abelson,
Kamali Thara (April 25,
2012) Paperback

**Amazon.com: active
release technique:
Books**

Active Release
Techniques: Carpal
Tunnel Treatment,
Sports Injuries, Soft
Tissue Treatment,

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active-release-technique-manual

Headache Relief,
Occupational Health,
Industrial Injury
Prevention via patented
ART®methods

Active Release Techniques

The active release
technique (ART) is a
manual therapy for the
recovery of soft tissue
function that involves
the removal of scar

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tissue, which can cause pain, stiffness, muscle weakness, and abnormal sensations including mechanical dysfunction in the muscles, myofascia, and soft tissue 10).

Effects of the active release technique on pain and range ...

What is Active Release Techniques? Active

Page 18/92

Release is a movement-oriented system of manual therapy that helps resolve a wide range of muscle, nerve and joint injuries. It is a patented system developed by Dr. Leahy in the late 90s that addresses various injuries by breaking up scar tissue, releasing adhesions in and between muscles and un-

trapping nerves that get stuck in muscles or impinged by bones.

Active Release Treatments for Shoulder Injuries and Pain ...

Active Release
Technique® (ART®) is
a patented soft tissue
technique that treats
problems with muscles,
tendons, ligaments,

Page 20/92

fascia (connective tissue), and nerves.
HSS' Christopher John Anselmi Jr., DC explains the physical therapy technique.

Introduction to Active Release Technique® - HSS.edu

Active Release Techniques (ART) is a form of deep tissue manipulation patented

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by Dr. P. Michael Leahy
in which specified
techniques are used to
release what are
presumed to be soft
tissue adhesions. [31] :
578

Massage - Wikipedia

Active Release

Technique Shoulder -

Duration: 4:24.

Overhead Athletics

14,651 views

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active-release-technique-manual

Active Release

Technique-

Subscapularis Muscle

Active release technique is a type of soft tissue manipulation treatment used to break up scar tissue, also called adhesions. This helps prevent injuries, improve range of motion, promote flexibility, lower pain

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and improve recovery time in athletes.

Active release technique is a type of soft tissue manipulation treatment used to break up scar tissue, also called adhesions. This

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A skilled technique performed by physical therapists with specialized training. Available at

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Treatment ART is a
patented, state-of-the-
art, soft tissue
system / movement
based Active Release
Techniques -
Physical Therapy |
ATI Physical
Therapy
Active Release

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Techniques -
Physical Therapy |
ATI ...

"How is this different
from Active Release
Technique ...

Active Release Techniques

Active Release
Techniques: Carpal

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active-release-technique-manual

Tunnel Treatment,
Sports Injuries, Soft
Tissue Treatment,
Headache Relief,
Occupational
Health, Industrial
Injury Prevention via
patented
ART®methods
Amazon.com:
active release
technique: Books

Active Release Technique Manual

Active Release
Technique
(ART) is a
patented, state
of the art soft
tissue system/m
ovement based
massage

Page 29/92

technique that helps in treating problems with muscles, tendons, ligaments, fascia and nerves.

What is an Active Release Technique (ART)? Its

Page 30/92

Benefits ...
Dr. P. Michael
Leahy started
Active Release
Techniques®
over 30 years
ago. It began as
a way to treat
soft tissue
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Page 31/92

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ART Manuals

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and Videos -
Active Release
ACTIVE
RELEASE
TECHNIQUES
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Active Release
Techniques
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Page 33/92

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Active Release
Techniques
(ART) — Active
Spine & Sport ...
Active Release
Techniques
(ART) are a soft
tissue method
that focuses on
relieving tissue
tension via the
removal of fibros

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active-release-technique-manual

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result of
overload due to
repetitive
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Active Release
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Physiopedia
Active Release
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Page 37/92

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Page 38/92

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Manual Adhesion
Release™ and
Active Release
Techniques ...
Active Release

Page 39/92

Therapy, also known as ART[®], is a technique used to treat soft tissue injuries and issues with fascia, ligaments, muscles, nerves, and tendons. The therapy originated from the study of

Page 40/92

athletes and
biomechanics
and was
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Manual Works -
Active Release
Therapy
Mississauga,
Active ...

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A skilled
technique
performed by
physical
therapists with
specialized
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Available at
select locations.

Massage
TreatmentART
is a patented,

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state-of-the-art,
soft tissue system/movement
based Active
Release
Techniques -
Physical
Therapy | ATI
Physical
Therapy

Active Release

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Techniques - Physical Therapy | ATI

...

The Active
Release
Technique
(ART) is a
Manual Therapy
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Page 44/92

used to treat injuries to the muscles, tendons, and ligaments which often stem from repetitive stress or trauma.

Active Release
Technique in
Austin | Active

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Release Therapy
dry needling,
muscle energy
technique
(MET), Graston
technique (GT),
manual
neuromuscular
therapy (MNT),
myofascial
release (MR),
Active Release

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Technique
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muscle activation
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(MAT). There is
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The

Active release
technique for

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ITBS-5-5-14 -
FLVC
Active Release
Technique
(ART): Active
Release
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techniques to
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It was a huge
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in the early 90 ' s.
But it has it's
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"How is this
different from

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active-release-technique-manual

Active Release
Technique ...
Release Your
Pain - Resolving
Soft Tissue
Injuries with
Exercise and
Active Release
Techniques by
Abelson, Brian
James, Abelson,
Kamali Thara

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(April 25, 2012)
Paperback

Amazon.com:
active release
technique: Books
Active Release
Techniques:
Carpal Tunnel
Treatment,
Sports Injuries,
Soft Tissue

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active-release-technique-manual

Treatment,
Headache Relief,
Occupational
Health, Industrial
Injury
Prevention via
patented
ART® methods

Active Release
Techniques
The active

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release
technique (ART)
is a manual
therapy for the
recovery of soft
tissue function
that involves the
removal of scar
tissue, which can
cause pain,
stiffness, muscle
weakness, and

Page 54/92

abnormal
sensations
including
mechanical
dysfunction in
the muscles,
myofascia, and
soft tissue 10).

Effects of the
active release
technique on

Page 55/92

pain and range ...

What is Active
Release

Techniques?

Active Release is
a movement-
oriented system
of manual
therapy that
helps resolve a
wide range of
muscle, nerve

Page 56/92

and joint injuries.
It is a patented
system
developed by Dr.
Leahy in the late
90s that
addresses
various injuries
by breaking up
scar tissue,
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adhesions in and

Page 57/92

between muscles
and un-trapping
nerves that get
stuck in muscles
or impinged by
bones.

Active Release
Treatments for
Shoulder Injuries
and Pain ...
Active Release

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Technique®
(ART®) is a
patented soft
tissue technique
that treats
problems with
muscles,
tendons,
ligaments, fascia
(connective
tissue), and
nerves. HSS'

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Christopher John
Anselmi Jr., DC
explains the
physical therapy
technique.

Introduction to
Active Release
Technique® -
HSS.edu
Active Release
Techniques

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(ART) is a form of deep tissue manipulation patented by Dr. P. Michael Leahy in which specified techniques are used to release what are presumed to be soft tissue

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578

Massage -
Wikipedia
Active Release
Technique
Shoulder -
Duration: 4:24.
Overhead
Athletics 14,651
views

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Active Release Technique- Subscapularis Muscle

Active release
technique is a
type of soft
tissue
manipulation
treatment used
to break up scar

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tissue, also called adhesions. This helps prevent injuries, improve range of motion, promote flexibility, lower pain and improve recovery time in athletes.

Manual Adhesion
Release™ and
Active Release
Techniques ...
The active
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active-release-technique-manual

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Active Release
Treatments for
Shoulder Injuries
and Pain ...

**Active Release
Techniques (ART)
– Active Spine &
Sport ...**

Active Release
Technique
Shoulder -

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active-release-technique-manual

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Overhead
Athletics 14,651
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Active Release
Techniques (ART)
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active-release-technique-manual

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Dr. P. Michael

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Leahy started Active Release Techniques® over 30 years ago. It began as a way to treat soft tissue disorders for elite athletes so that they could get back to peak performance as quickly as possible. In

Page 70/92

1988, colleagues convinced Dr. Leahy to hold a seminar to teach his method of treatment.

Active Release Technique (ART) is a patented, state of the art soft

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active-release-technique-manual

tissue system/
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Active Release Technique Manual

What is Active
Release

Techniques?

Active Release
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active-release-technique-manual

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Page 74/92

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Active Release
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Page 76/92

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**Massage -
Wikipedia
Manual Works -
Active Release
Therapy
Mississauga,
Active ...**

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**Active Release
Technique-
Subscapularis
Muscle
Introduction to
Active Release
Technique® -
HSS.edu**

ACTIVE RELEASE
TECHNIQUES (ART)
Specially
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active-release-technique-manual

Active Release
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Release Your
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Active Release

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**Technique in
Austin | Active
Release Therapy
ART Manuals and
Videos - Active
Release**

Active Release
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active-release-technique-manual

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: 578

dry needling,
muscle energy
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Active Release
Technique
(ART), and
muscle
activation
technique

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active-release-technique-manual

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**Active release
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ITBS-5-5-14 -
FLVC**

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Page 86/92

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Page 87/92

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Christopher

Page 89/92

John Anselmi
Jr., DC
explains the
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**Effects of the
active release
technique on
pain and range**

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Active Release

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active-release-technique-manual

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active-release-technique-manual

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