

# Active release technique

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Active Release Technique: A Comprehensive Guide\*\*

### **What is Release Technique?**

Release technique is a type of manual therapy that releases muscle tension and restrictions. It involves applying gentle pressure to areas of the body where muscles, nerves, or blood vessels are compressed or adhered.

### **How does Active Release Technique (ART) Work?**

ART is a specific type of release technique that targets adhesions or knots in muscles. It involves a series of quick, focused movements that break down these adhesions and restore normal tissue function.

### **What is Functional Active Release Technique?**

Functional ART combines traditional ART with movements that mimic functional activities. This approach addresses the specific needs of athletes and other individuals who need to improve their range of motion and performance.

### **Is ART the Same as Chiropractic?**

No, ART is not the same as chiropractic. While both techniques address musculoskeletal issues, ART focuses on soft tissue restrictions, while chiropractic primarily focuses on spinal alignment and nerve function.

### **Is ART Painful?**

ART can cause some discomfort during the treatment, but it is generally not painful. The therapist will adjust the pressure based on the patient's individual tolerance.

## **Difference Between Massage Therapy and ART**

While both ART and massage therapy involve soft tissue manipulation, ART targets specific adhesions using focused movements. Massage therapy is more general and aims to relax and improve circulation.

## **Time for ART to Work**

ART can provide immediate results, but multiple sessions may be required to address chronic conditions. The number of sessions needed will vary depending on the individual and the severity of the issue.

## **Is PNF the Same as ART?**

No, PNF (proprioceptive neuromuscular facilitation) is a type of active stretching technique, while ART is a soft tissue release technique.

## **ART and Myofascial Release**

ART and myofascial release (MFR) both target fascial restrictions, but ART uses more focused movements, while MFR uses sustained pressure and gentle stretching.

## **Can ART Help Sciatica?**

Yes, ART can be effective in reducing pain and improving mobility in individuals with sciatica. It can release pressure on the sciatic nerve and address any underlying muscle spasms or adhesions.

## **ART and Pin and Stretch**

ART is similar to pin and stretch in that it involves applying pressure to trigger points, but ART also includes a release motion to break down adhesions.

## **Difference Between Functional Range Release and ART**

Functional range release is a type of ART that emphasizes the restoration of full range of motion and functional movements.

## **What Does ART Do?**

ART releases muscle adhesions, improves circulation, reduces inflammation, and restores normal nerve function.

## **How to Do ART on Yourself**

It is not recommended to perform ART on oneself as it requires specific training and technique.

## **Principles of Release Technique**

The principles of release technique include identifying and releasing muscle adhesions, addressing underlying muscle imbalances, and promoting proper tissue alignment.

## **Side Effects of ART**

Possible side effects of ART include temporary discomfort, stiffness, or muscle soreness.

## **Immediate Effects of ART**

Immediate effects of ART may include improved range of motion, reduced pain, and increased muscle function.

## **Do Physical Therapists Do ART?**

Yes, many physical therapists are trained in ART and use it as part of their treatment plans.

## **3 Main Massage Techniques**

The three main massage techniques are Swedish massage, deep tissue massage, and sports massage.

## **Best Massage Technique**

The best massage technique depends on the individual's needs and preferences.

## **ART and MFR (Myofascial Release)**

ART targets adhesions, while MFR focuses on releasing fascial restrictions. Both techniques can be complementary for addressing musculoskeletal issues.

### **Inventor of ART**

ART was developed by Dr. Michael Leahy in the 1980s.

### **Breaking Muscle Adhesions**

ART is an effective method for breaking down muscle adhesions through focused movements and targeted pressure.

### **ART for Wrist**

ART can be used to release muscle adhesions in the wrist, which can improve range of motion and reduce pain.

### **Does ART Really Work?**

ART has been shown to be effective in reducing pain, improving range of motion, and enhancing performance in both research and clinical settings.

### **ART in Manual Therapy**

ART is a type of manual therapy that uses specific movements to release muscle adhesions and restore tissue function.

### **PNF vs Static Stretching**

PNF is a more active form of stretching that involves both concentric and eccentric muscle contractions, while static stretching is a passive form that involves holding a stretch for a period of time.

## **3 Myofascial Release Techniques**

Three common myofascial release techniques include:

- Foam rolling

- Massage therapy
- Manual stretching

## **Myofascial Release vs Stretching**

Myofascial release targets fascial restrictions, while stretching primarily lengthens muscles. Both techniques can be beneficial for improving flexibility and range of motion.

## **ART in Australia**

ART is widely used and recognized by health practitioners in Australia.

## **Duration of ART Treatment**

The duration of ART treatment varies depending on the individual and the severity of the condition.

## **Muscle Activation Technique**

Muscle activation technique (MAT) is a method of assessing and activating specific muscle groups to improve movement patterns and reduce pain.

## **Side Effects of ART**

Possible side effects of ART include:

- Muscle soreness
- Bruising
- Swelling

## **Immediate Effects of ART**

Immediate effects of ART may include:

- Reduced pain
- Improved range of motion
- Increased muscle function

## **ART for Nerves**

ART can be used to release pressure on nerves that may be causing pain or dysfunction.

## **Legitimacy of Muscle Activation Technique**

MAT is a legitimate technique that has been shown to improve muscle function and performance in research studies.

## **Activated Muscles**

Activated muscles are those that are fully engaged and firing properly during movement.

## **Cost of Muscle Activation Technique**

The cost of MAT sessions varies depending on the location and the practitioner.

## **Effectiveness of ART**

ART has been shown to be effective in reducing pain, improving range of motion, and enhancing performance in both research and clinical settings.

## **ART on Yourself**

It is not recommended to perform ART on oneself as it requires specific training and technique.

## **ART and Manual Therapy**

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## **Inventor of ART**

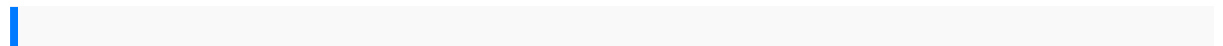
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## **ART and Pin and Stretch**

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## **PNF Activity or Passivity**

PNF is an active form of stretching that involves both concentric and eccentric muscle contractions.



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