

## Reclaim Your Active Lifestyle with Innovative ART Chiropractic Care

Experience Relief, Mobility & Peak Performance Through Our Pioneering ART Techniques.

Book Your Free 15-Min Online Consultation:

[Free Consultation](#)

## Active Release Techniques®

At Active Recovery Chiropractic, we believe in a holistic approach to wellness that combines cutting-edge therapies with personalized care. Our specialty lies in Active Release Techniques (ART), an innovative soft tissue treatment that provides rapid pain relief, enhanced mobility, and accelerated healing.

## The ART Difference: Unlock Your Body's True Potential

Unlike traditional chiropractic adjustments, ART is a unique movement-based massage technique that targets and treats problems within your muscles, tendons, ligaments, fascia, and nerves. By precisely addressing these soft tissue dysfunctions, ART not only alleviates pain but also restores optimal function, flexibility, and performance.



### Rapid Pain Relief

Experience quick respite from chronic discomfort by treating the root causes.



### Enhanced Mobility

Improve your range of motion and flexibility through targeted movements.



### Accelerated Recovery

Heal faster and return to your favorite activities sooner.

## Services



### Active Release Techniques (ART)

Our certified ART practitioners are dedicated to helping you achieve lasting pain relief, increased mobility, and peak physical potential through this revolutionary soft tissue system.



### Instrument-Assisted Soft Tissue Mobilization (IASTM)

Combining ART with specialized instrumentation, IASTM facilitates faster tissue recovery, improved circulation, and breakdown of restrictive scar tissue.



### Personalized Wellness Plans

Empower yourself with customized exercise routines and nutrition guidance that complement our therapies, ensuring sustainable health improvements.



### Auto Accident Injury Recovery

Receive specialized chiropractic care for whiplash, back pain, and other injuries from motor vehicle accidents, restoring function and preventing long-term complications.



### Yoga Therapy

Enhance your mind-body connection, increase flexibility, and reduce stress through personalized therapeutic yoga sessions tailored to your needs.



### Cupping Therapy

Experience the ancient healing powers of cupping, promoting pain relief, deep tissue repair, and a profound sense of relaxation through increased circulation.



OREGON

## Testimonials:

"Severe neck pain from bodybuilding was hindering my training until Dr. Pool's active release techniques allowed me to train harder and with more confidence. His care has significantly improved my freedom of movement."

Tyler

"A.R.T treatments from Dr. Pool have greatly enhanced my muscle strength, joint mobility, and reduced pain, integrating seamlessly with my yoga practice. His approach has allowed me to achieve a pain-free state of mind and body."

Crystal

"Decades of powerlifting and off-road motorcycling took a toll on my body. Dr. Pool's chiropractic care and A.R.T have been crucial in maintaining my physical abilities into middle age. His treatments are integral to my active lifestyle."

James

## Contact Us

 Free Consultation

15-Minute Quick Consultancy With Nathan



### Start Your Healing Journey Today

Connect with us for personalized, effective treatments.

First Name

Last Name

Email

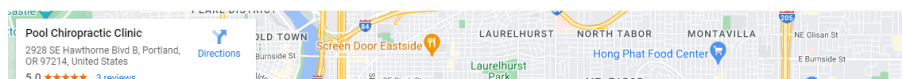
Phone

Start My Journey

## Location

Advance Recovery Chiropractic  
2928 SE Hawthorne Blvd  
Suite B  
Portland, OR 97214

[Get Directions](#)





**ACTIVE  
RECOVERY  
CHIROPRACTIC**

[Free Consultation](#)

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**Work Hours**

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- Monday - 10AM - 6:30PM
- Tuesday - 10AM - 6:30PM
- Wednesday - 10AM - 6:30PM
- Thursday - 10AM - 6PM
- Friday - 9AM - 6PM
- Saturday - 10AM - 4PM
- Sunday - Closed