

# active release technique

ART is a soft-tissue technique that allows the doctors to treat a multitude of conditions ranging from headaches, low back pain and sciatica to carpal tunnel, plantar fasciitis and Tennis elbow.

Designed to remedy soft-tissue conditions associated with muscles, tendons, nerves and ligaments, ART is proven to be one of the most effective techniques for these and other conditions.

ART is performed on specific structures on the body that may have formed scar tissue due to over-use, acute injuries or inflammation. This scar tissue can increase and keep tissues from moving freely. As the scar tissue builds up, muscles will become shorter and weaker, the increased tension on the tendons causes tendonitis, and nerves can become trapped. This can cause reduced range of motion, loss of strength, and pain. If a nerve is trapped you may also feel tingling, numbness, and weakness. By palpating, or "exploring" the area in question, doctors can find these areas of scar tissue, also known as adhesions, and help remodel the tissue and reduce the scar tissue.

This can often increase the range of motion, decrease pain and help prevent other areas of the body from becoming "overworked". ART consists of more than 500 specific clinical applications for the effective treatment of various soft tissue conditions. The benefits of ART are increased when used in conjunction with joint mobilization/manipulation and therapeutic exercises. ART is so effective, that U.S.Olympic Teams, Ironman participants, and professional teams.

Dr. Bryan Boerjan took additional certification courses to specialize in this innovative technique. He is proud to be able to offer this proven therapy to his patients. Dr. Boerjan has found ART to be a positive influence on health outcomes for a wide-range of injuries, including low back pain, joint pain and various sports-specific injuries.

