

Active Release Technique

Active Release Technique (ART) is a patented, state-of-the-art soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia, and nerves.

Every ART session is a combination of examination and treatment. The ART provider will evaluate the texture, tightness and movement of muscles, fascia, tendons, ligaments, and nerves. Abnormal tissues are treated by combining precisely directed tension with very specific patient movements.

WHO WILL BENEFIT FROM THIS?

- Individuals with acute or chronic conditions to muscles, tendons, ligaments and other soft tissues may benefit from ART. This may include: sports injuries, sprains, strains, overuse and overtraining injuries, and old injuries with built up scar tissues.

WHERE ARE THE SESSIONS BEING OFFERED?

- BRIGHTON: Clinton Crossings, 4901 Lac de Ville Boulevard, Building D, Suite 110
- GREECE: 10 South Pointe Landing, Suite 100 (LOWER extremity only)

WHEN ARE THE SESSIONS OFFERED?

- By appointment

HOW MUCH DOES IT COST?

- Out of pocket expense for the initial ART visit is \$75.00, each follow-up session is \$45.00.
- Please consult with your ART provider regarding possible insurance coverage.

**TO SCHEDULE YOUR INITIAL APPOINTMENT, PLEASE CALL
(585) 341-9150.**