

ART[®]

Active Release Techniques[®] (ART[®]) is a highly effective modality which removes adhesions from inside and in between muscles, providing smoother, more efficient functioning of the affected areas.

There are two types of ART[®] care that I utilize: remedial care and performance care.

Remedial Care

Adhesions, or scar tissue, form as the result of the body's normal healing processes, and can develop as the body responds to traumatic injury (a fall or near-fall, MVA, etc.), over-use (weight-lifting, joining the company softball team, etc.), and repetitive stress (holding the shoulders still while typing on a computer all day, pulling wrenches, holding the stinger while welding, etc.). Even sitting on the couch can produce pain in the hips and buttocks.

(While I don't know of anyone dying from adhesions in the muscles, I have heard plenty of people who talk as if they are.)

Most people notice the adhesions when the pain and/or stiffness cause a loss of functioning in a joint. For example; someone might have to twist their body around to reach the seat belt of their car, or have trouble putting on their coat. Sometimes the adhesions incorporate a nerve, causing a constant ache or sharp pain during some movements.

ART[®] releases adhesions to return full functioning to the affected muscles. The process usually takes several sessions (three to five) with three to seven days between each session. As with any human endeavor, there are always exceptions, so feel free to consult with me to answer any questions you may have about your own unique case.

Remedial ART[®] sessions are based on the work done, not the time spent. Once we have worked through the targeted areas, and other affected areas in the kinetic chain, our session is done. So the sessions are often shorter than a half-session relaxation massage. This prevents overworking the body, and helps keep me on schedule for my next client.

Performance Care

This is where ART[®] really shines. Performance care is for people who want to take their sports ability to new limits.

The repetition of sports maneuvers forces muscles into specific movement patterns which may be new to the athlete. Whether new or old, these actions put strain on the muscles and joints. The body can develop new scar tissue from increased levels of activity, or changed movements during practice. Alternately, pre-existing scar tissue can prevent proper body functioning during sports movement.

Generally there is no pain in this situation, until the athlete reaches full range of motion of the affected area. The only indication that a problem exists is that the athlete has “plateaued” and can’t seem to get any better, no matter the amount of practice.

Using Biomechanics assessment skills, often in conjunction with video, I can identify areas of weakness and treat those areas with ART[®] to improve functioning.

So the concerned athlete can reach the next performance plateau.

I offer performance care for individuals at the clinic or on-site, and for groups/teams on-site on a monthly basis.

Contact Roger for a consultation or booking at 780-919-7144, or book on line at www.mybookingcalendar.com/integrityhealthandsportcare .