

Active Release Technique (ART)

What Is ART?

Active Release Technique, or ART, is a hands on treatment method designed to find and release the tight, restricted soft tissue that's actually causing your pain. It's not a massage, and it's not a stretch. It's a precise, targeted approach that combines specific pressure with active movement to break up adhesions (think: internal "scar tissue" or knots) in muscles, tendons, ligaments, fascia, and nerves.

If you've ever had a nagging ache that just won't quit, no matter how much you foam roll or stretch, there's a good chance the tissue underneath needs more than passive care. ART goes straight to the source.

How It Works

Muscles and other soft tissues are supposed to glide smoothly against each other. But repetitive motion, old injuries, poor posture, or overuse can cause tissue fibers to stick together and form dense, tangled adhesions. That's when you start to feel stiffness, weakness, numbness, or that deep ache that seems to live in one spot no matter what you do.

During an ART session, Dr. Kate uses her hands to apply targeted tension to the affected tissue while you actively move the area through a specific range of motion. This combination helps break up the adhesion, restore normal tissue texture, and get things moving the way they're supposed to again.

Every session is different because every body is different. That's the point. ART isn't a one size fits all protocol, it's an assessment and treatment done in real time based on what your tissue is actually telling us.

What ART Helps With

ART is especially effective for soft tissue and repetitive strain issues, including:

- Tennis elbow and golfer's elbow
- Shoulder impingement and rotator cuff pain
- Carpal tunnel and wrist or forearm tightness
- IT band syndrome and knee pain
- Plantar fasciitis
- Sciatica and nerve entrapment
- Neck and back tightness from desk work or training
- Post injury scar tissue and old strains that never fully healed

If you're active, whether that means training for a race, playing rec league sports, or just trying to keep up with your workouts without your body staging a rebellion, ART is one of the most effective tools we have for keeping soft tissue healthy and functional.

Why Patients Choose ART at Anchor Chiro

A lot of care out there focuses on symptoms. ART is different because it treats the actual tissue restriction driving the problem, not just the spot where it hurts. Dr. Kate is ART certified and pairs this technique with a full musculoskeletal evaluation, so you're not just getting a treatment, you're getting an answer for why the pain keeps coming back in the first place.

Many patients notice a difference after just one or two sessions. For chronic or long standing issues, ART is often combined with other therapies, like shockwave, cupping, or corrective exercise, to fully resolve the problem instead of just managing it.

Ready to Get Moving Again?

If you've been dealing with stubborn tightness, recurring pain, or an injury that never quite healed right, ART might be

exactly what your body has been missing.

Book Your Appointment