

Active Release

Active Release Technique has gained a strong following among world-class athletes because of its marked ability to return injured athletes to their optimum performance.

Active Release Technique is a soft tissue technique used to treat problems of muscles, tendons and ligaments and can be used on patients ranging from the elderly to rigorous athletes. Joint trauma due to over use, sports injuries and work-related injuries can lead to the production of scar tissue around the injured area. This can cause weakness and tightness in muscles, tendonitis and entrapment of nerves, leading to numbness, tingling, and radiating pain. Active Release Technique releases such adhesions and restores the smooth movement of joints and muscles. By releasing entrapped nerves, blood circulation is restored.



The chiropractor evaluates the texture, tightness and mobility of muscles, ligaments and tendons then provides instructions for specific stretches designed to release the fibrous adhesions. Specific conditions treated by Active Release Techniques include, but are not limited to:

- Headaches
- Back and neck pain
- Carpal tunnel syndrome, tennis elbow, rotator cuff injuries and other tendonitis's
- Hip, knee and ankle strains
- Iliotibial band (IT Band) friction syndrome and other injuries of distance runners
- Sciatica
- TMJ
- Plantar fasciitis

Dr. Daniel Bumgarner studied ART while attending Los Angeles College of Chiropractic and is proficient in treatment of the spine, upper extremity, lower extremity and peripheral nerve entrapment.

For more information on ART, visit www.activerelease.com