



ACTIVE RELEASE TECHNIQUE



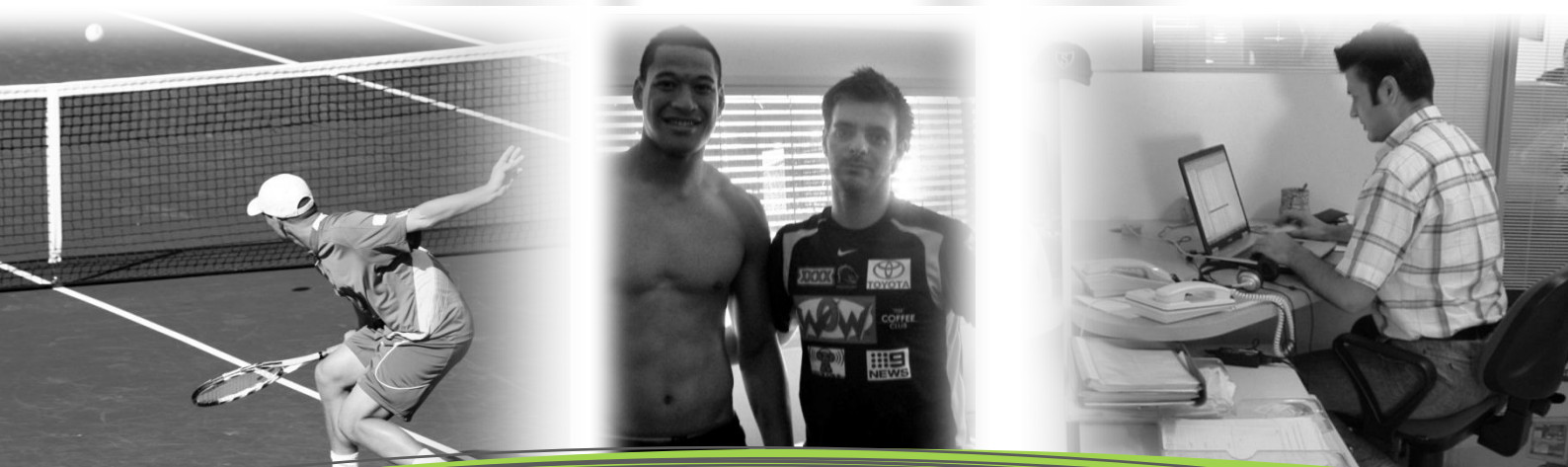
Active Release Technique (ART) is one of the only effective treatments for numerous soft-tissue and overuse injuries such as repetitive strain injuries, carpal tunnel syndrome, tennis elbow, headaches, back pain, plantar fasciitis and numerous other conditions - in fact ART is able to quickly and permanently resolve these conditions!

An overview...

Finally, being diagnosed with carpal tunnel, shin splints or tennis elbow is no longer a life sentence of discomfort, pain or reduced capability. Active Release Technique (ART) is no "miracle" drug or unproven treatment, it is a technique developed and patented by a U.S. doctor that has changed all the rules with regards to many previously-believed untreatable injuries.

What is it?

It is a state of the art movement based technique (somewhat similar in feel to a strong massage) for treating muscle, tendon, ligament, fascia and nerve problems. The ART practitioner finds the tough dense scar tissue caused by overuse injuries and applies precisely directed tension while moving the muscle in specific ways. This makes fast and permanent changes to the tissue.



15 James St, Fortitude Valley 4006 • 07 3852 2434 • info@healthplace.com.au

www.healthplace.com.au

How do I know if ART is right for my situation?

Active Release Technique is a treatment type that, when used effectively, delivers near instant results. Within 3 sessions ART practitioners can usually cure soft-tissue issues – even some that other health practitioners and doctors might tell you are incurable!

ART has been known to effectively treat the following issues:

- Repetitive Strain Injuries (RSI) – not uncommon with those who spend long hours in front of a computer and often (inaccurately) believed incurable.
- Headaches
- Back pain
- Nerve entrapments
- Shin splints
- Tendonitis
- Sciatica
- Plantar Fasciitis
- Tendonitis
- Many joint issues
- And more!

It sounds like we're raving about it but good ART practitioners are able to solve approximately 90% of all the issues their clients bring to them! One busy ART practitioner can save literally hundreds of clients from undergoing surgery for injuries they believed to be otherwise incurable!

Why haven't I heard of ART before?

ART was developed and patented by Dr. Michael Leahy, in the United States and is used by some of the world's top sporting teams and professional athletes as well as by non-athletes. It is a well known treatment technique in the United States and Canada.

ART is not nearly as well known in Australia however we think it soon will be – purely because the results are so impressive that people can't stop talking about it! For now however, Health Place is one of the only health practices in Brisbane with qualified ART practitioners.

If you are nervous about trying this new treatment – don't be. We have a FREE 15 minute assessment voucher you can use to make sure the treatment is right for you. This way you don't waste your time OR money (see "still not sure?" below).

ART in the workplace...

Active Release Technique can deliver efficient, and often instant, results in the treatment of many injuries regularly faced by office workers (eg. Carpal Tunnel and other Repetitive Strain Injuries, headaches, lower back pain etc.). Because of this, our ART practitioners are sometimes asked to travel to remote workplaces to perform treatments to staff over 1-3 days. These trips see large improvements achieved with significant numbers of employees.

Health Place offers full wellness solutions for our corporate clients, and Active Release Technique is just one option that can be included as part of your company's program. If you are looking to implement a wellness program at your organisation, Health Place can work with you to deliver a program that meets your objectives and within your budget.

Still not sure?

Giving a new treatment type a go can be a daunting thing – especially if it is for a long-standing issue. For this reason we have a free 15 minute assessment voucher available on our website that you can download and use for a completely free 15 minute appointment with our Active Release Technique practitioner, Pedro.

During this assessment, Pedro will listen to your situation, understand what is going on and determine how effectively Active Release Technique will assist with your situation. And, as always, if he cannot help he will let you know.

