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May 04, 2014 Active Release Technique, or ART, involves active movement-based massage treatments to heal an injury. Photo: www.shutterstock.com

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Introduction Active release technique (ART) is developed and patented by P. Michael Leahy. But there is little scientific proof about the effects of Active Release

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Sep 18, 2012 Want to know what happens during an Active Release Technique session? Watch ART Practitioner, Amer Kudi, from Active Release Melbourne perform a treatment

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Active release manual

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Introduction to active release technique -

Active Release Technique (ART) is a patented soft tissue technique that treats problems with muscles, tendons, ligaments, fascia (connective tissue), and nerves.

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