

# Services

## Active Release Technique

Active Release Technique (ART) was developed by Dr. Michael Leahy when he noticed that his patients' symptoms seemed to be related to changes in their soft tissue that could be felt by hand. He found that by observing how muscles, fascia, tendons, ligaments and nerves responded to different types of therapy, he was able to consistently resolve more than 90 percent of his patients' problems.

At Restoration Physical Therapy in Media, Pa., Keith was specially trained in the ART technique to evaluate the texture, tightness, and movement of muscles, fascia, tendons, ligaments and nerves. We are then able to treat abnormal tissues by combining precisely directed tension with specific patient movements.

This technique is also effective in helping patients who are suffering from the pain of scar tissue in certain areas.