

ART VS. OTHER SOFT TISSUE TREATMENTS

Dr. Axe
NATURAL HEALTH



ART VS. MASSAGE THERAPY

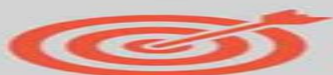
Most massages work by improving circulation and lowering muscle tension caused by chronic stress.

Massages sometimes reduce pain by lowering trigger points in your muscles.

Massages normally don't do much to break up adhesions or restore proper tissue function past a certain point of injury.

ART is most like deep tissue massage, or myofascial release, but is usually much more targeted and custom-tailored to the patient.

ART VS. GRASTON TECHNIQUE



Both target adhesions.

Graston is performed using a handheld instrument that helps apply deep pressure to the patient in a rhythmic way.

Graston helps break up fibrous muscle scar tissue, improve blood flow, move tissue fluids, and reduce pain or muscle tension, like ART.

Graston is a patented technique performed by certified providers, including athletic trainers, chiropractors, hand therapists, occupational and physical therapists.

ART VS. DRY NEEDLING

Dry needling addresses myofascial pain and nerve or spinal injuries.

Dry needling uses a dry needle inserted into trigger points in muscle tissue that causes pain to be dispersed outward.

Dry needling is often used in conjunction with other treatments, stretching and physical therapy to offer improved range of motion and other benefits.



ART VS. ROLFING



Roling is done through deep hand manipulations, similar to deep massage, that reaches connective tissue all the way down to the skeletal system.

Roling is used to improve spine health and lower muscle tension, fatigue, pain or strains due to stress, and poor posture.

Roling® is a trademarked system of soft tissue manipulation and movement that helps restore healthy posture and myofascial structures.

ART VS. NEUROKINETIC THERAPY

NKT is a type of corrective system that uses muscle memory to reduce postural problems and pain.

NKT practitioners first identify where muscles are behaving abnormally, then restore balance and proper function through targeting the motor control center of the brain.



Active Release Technique Study Guide

Scott C. Dulebohn



Active Release Technique Study Guide:

The Enigmatic Realm of **Active Release Technique Study Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Active Release Technique Study Guide** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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