

## Common Conditions Successfully Treated With Active Release Techniques

Carpal Tunnel Syndrome  
Sciatica  
Neck/Back Pain  
Plantar Fasciitis

Epicondylitis (Tennis/Golfer's Elbow)  
Shoulder Impingement  
Thoracic Outlet Syndrome  
Shin Splints

Rotator Cuff Tendonitis  
Muscle Strains/Sprains  
Sports Injuries  
Repetitive Motion Injuries

### How Does A.R.T. Improve Performance?

Performance of any task such as golfing, typing, or running faster can be improved significantly with A.R.T. Restoring proper muscle function and movement enables the body to perform at its most efficient level. Adhesions create drag and tension which requires more energy and effort to accomplish a desired movement. Reaction times can also be improved as muscle function is improved. A.R.T. allows the body to do what you ask of it when you need it.

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*"WEBB SPINE HAS BEEN SO VALUABLE TO ME AND MY CAREER. I CAN'T MAKE A LIVING IF I AM NOT HEALTHY AND ON THE FIELD PLAYING, SO I ONLY TRUST MY BODY TO THE BEST THERE IS. DR. WEBB AND HIS STAFF GO ABOVE AND BEYOND IN THEIR SERVICE AND EXPERTISE. THE A.R.T. TREATMENT THAT I HAVE RECEIVED FROM DR. WEBB KEEPS ME PLAYING MY BEST. WITHOUT IT, I WOULD NOT BE ABLE TO PERFORM THE WAY I WANT TO AND NEED TO."*

**Josh Bard – MLB Catcher, Seattle Mariners**

*"I WAS VERY IMPRESSED WITH ACTIVE RELEASE TECHNIQUE. NOT ONLY THE EFFECTIVENESS, BUT THE QUICKNESS IN WHICH RESULTS ARE FELT. I HIGHLY RECOMMEND THIS THERAPY TO ALL ELITE ATHLETES. I'M SURE IF I HAD KNOWN OF THIS THERAPY A FEW YEARS AGO, I COULD HAVE PROLONGED MY CAREER."*

**Dorian Yates – 6 time Mr. Olympia**

*"ACTIVE RELEASE TECHNIQUES SAVED ME FROM KNEE SURGERY! THE DOCTORS WERE TELLING ME I COULDN'T PLAY AGAIN, BUT I PROVED THEM WRONG. I RECOMMEND MY TEAMMATES, AS WELL AS MY STUDENTS, FOR ACTIVE RELEASE FOR A QUICK RECOVERY FROM ANY INJURY."*

**Tommy Lips – Professional Soccer Player**

*"I BELIEVE ACTIVE RELEASE TECHNIQUES IS THE MOST COMPLETE WAY TO TREAT ANY INJURY, WHETHER IT BE A ROTATOR CUFF OR CARPAL TUNNEL SYNDROME. I RECOMMEND MY PATIENTS FOR ACTIVE RELEASE THERAPY BECAUSE IT WORKS."*

**Robert Casola, D.O. – Orthopedic Surgeon**