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With the huge success rate of more than 90 percent, Active Release Techniques has been one of the most desirable soft tissue treatments in the world. This is one of the most effective forms of treatment providing relief from pain brought by repetitive motion injuries. It has helped athletes and some Olympic athletes as well to quickly recover from their injuries and get back to their training regimes.

Active Release Techniques is a patented, soft tissue management art in which the specialist treats problems occurring in the muscles, tendons, ligaments, fascia and nerves. The need for treatment in these areas is mostly due to stress and wear and tear. This results to:

1. Acute injuries
2. Small tears
3. Reduction in oxygen to flow to cells

When one of three happens, it toughens and scars the tissue in the affected area. The tissue then tends to harden and causes the restriction of movement. With the lack of movement, the muscle will also be likely to shorten and weaken. These in turn, result to limited motion, loss of strength, tingling, numbness, burning sensations and circulatory changes.

To help in relieving the pain from these problems, Physical Therapy New York uses Active Release Techniques. Physical Therapy New York Experts can effectively treat arthritis, Achilles tendonitis, ankle injuries, back pain, knee pain, golf injuries, muscle pull and other soft tissue injuries.

Find out how Active Release Techniques tackle various problematic issues:

â€¢ Back pain

Back pain can be the result of stress on the muscles, joints and nerves. Desk bound jobs, poor posture, obesity and lack of exercise can also result to back pain. Physical Therapy New York checks for the causes of the peripheral nerve entrapments.

â€¢ Knee injury

Runnersâ€™ knee is the term used to refer to the reduction of pain around the knee and under the kneecap. Stiffness of and the area under the knee joint can be associated with sudden stretching of the legs, tight hamstrings and imbalances between the hamstrings and quadriceps.

â€¢ Golf injuries

Golferâ€™s elbow is due to the inflammation of the tendons. It is the result of stress on the underused tendons.

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If you are suffering from painful surgeries, contact a [Active Release Techniques](#) specialists. Get rid of chronic low back pain at a [Physical Therapy NYC](#) and improve your physical functionality as well as improve fitness level.

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physical therapy nyc, physical therapy new York, active release techniques, chiropractor nyc

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