



Active Release Techniques®:

State-of-the-art care for a quicker, safer recovery.



ART®, short for Active Release Techniques, is a revolutionary soft-tissue treatment system designed to identify and treat scar tissue adhesions. Normally, muscles act like a bundle of rubber bands and are able to freely lengthen and contract. But when a muscle is overused, it tends to shorten.

This muscle shortening is a result of scar tissue that builds up within and between muscles. And this scar tissue build-up will eventually cause noticeable symptoms like pain and weakness, while restricting both range of motion and performance. ART can be used to diagnose and treat soft-tissue adhesions, nerve entrapments, biomechanical faults, muscular tightness, joint stiffness, myofascial restrictions and several other soft-tissue problems related to shortened muscles.

Chiropractic physicians like our director, Dr. Ryan Van Matre, have found ART to be highly beneficial to athletes and nonathletes alike who are hindered by soft-tissue injuries and/or irritations.

How does ART work?

ART is performed only after a thorough examination and exclusion of serious pathology. As the name implies, Active Release Techniques uses motion and hands-on muscle manipulation to “free up” the problem tissues causing pain and limiting function. Exercise and stretches are often also prescribed by Dr. Van Matre in order to prevent recurrence. It’s not enough just to get you out of pain. Dr. Van Matre’s goal is to teach you how to take care of yourself and avoid future reinjury.

Dr. Van Matre is also trained in biomechanics to determine which muscles are hindering your performance by watching you run, bike and swim. By combining this evaluation with patented ART treatment protocols, Dr. Van Matre can treat scar tissue adhesions and help you perform at your best.

Can any doctor perform ART?

Dr. Van Matre is board-certified by the American Chiropractic Rehabilitation Board and is a Level Three ART provider, certified in biomechanics and nerve entrapment. He teaches functional rehabilitation for Southern California University and provides it for patients – including Olympic and professional athletes – here at Indy Spine and Rehab.

Dr. Van Matre has completed an advanced training program called ART Biomechanic Certification, which studies the body in motion and addresses the sites that prevent optimum performance. Dr. Van Matre uses the biomechanics aspect of ART when treating competitive athletes because of its excellent results and rapid recovery.

Why settle for less?

Finding evidence-based chiropractic care that provides the results you need isn’t always easy. It’s even harder to find such care that’s personalized to your lifestyle. Here at Indy Spine and Rehab, you get both. For more details on Dr. Van Matre’s Active Release Techniques or to schedule a consult, just call our office nearest you today.



Scientific, evidence-based care
personalized to your lifestyle

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