

## THE 15-MINUTE INJURY SOLUTION

By Timothy Ferriss - a Black Belt Magazine Article

Active Release Techniques is a noninvasive treatment for soft-tissue injury that uses motion and tension to separate adhesions which limit range of motion and muscular contraction. It was developed by Dr. Michael Leahy, a veteran of 17 Ironman triathlons and doctor to among others-Olympic gold-medal sprinter Donovan Bailey, Gary Roberts of the Toronto Maple Leafs and Mr. Universe Milos Sarcev. In the decade since he patented its methodologies, Leahy and other certified ART practitioners have prevented hundreds of surgeries that had been viewed as the sole option for treating soft-tissue traumas.

ART sessions last five to 15 minutes, and approximately 95 percent of injuries can be successfully treated in one to six sessions. Doctor and patient are partners in a process that is dependent on the trained analysis of the former and guided motion of the latter. Injuries eligible for ART treatment exclude ruptured disks and broken bones, but include common martial arts afflictions such as rotator cuff impingement, tendonitis, lower-back strain, ankle/wrist sprain, shin splints and hip flexor impingement.

Black Belt Hall of Fame member Frank Shamrock is one of the many athletes who have benefited from ART. He was introduced to Janzen & Janzen Sports Health Clinic in San Joes, California, in the summer of 2001, and he had his first treatment in July 2001 following an acute lower-back injury that rendered him unable to walk.

“I didn’t expect anything different,” he recalls. “I had seen more than 30 chiropractors over a 16-year period for lower-back pain and numbness in my leg. With the training injury that prompted my visit, I couldn’t raise my head above waist level, and I was sleeping on the living room floor in the fetal position. I had always been told one of two things by orthopedists and doctors: I would need to have my vertebrae fused, or I must simply tolerate the pain of an injury that was irreversible. Based on past experience, I was certain I would need to cancel the K-1 kickboxing fight I had scheduled for one month later.”

Dr. Mike Janzen believed differently. “Frank’s case was just like the other professional fighters and athletes we’ve seen, he said. “Within four sessions of approximately 10 minutes each, we had used manual tension and movement of the muscle fascia to eliminate the cumulative scar tissue and adhesions that created the pain in his lower back. In other words, Frank was carried out of the gym on his trainer’s shoulders on Thursday and was training at 100 percent the following Tuesday. Sixteen years of pain were removed in less than an hour of total treatment time.”

Three weeks later, Shamrock won his K-1 fight with a first-round knockout. He has since made Janzen his official doctor for fight preparation and recovery. Janzen also recommended the same treatment for B.J. Penn, a Brazilian-jujutsu world champion, and prevented him from having to undergo surgery by using ART to restore range of motion to his left shoulder, right shoulder, hamstring, middle back, ribcage and feet. Two weeks prior to the November 2, 2001 Ultimate Fighting Championship, Penn’s lower-back pain was treated successfully in two 15-minute sessions, and he knocked out a heavily favored Caol Uno 11 seconds into the first round.

According to testimonials from ART patients, these results are not atypical. And the cost-effectiveness of the treatments is significant, especially when you calculate the accrued expenses of other options such as surgery, rehabilitation and medication. ART generally costs between \$45 and \$100 a session and is categorized by select insurance plans as “myofascial release.” Check with your healthcare provider for limitations and coverage.

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About the author: Timothy Ferriss, director of research for BodyQUICKEN, is a free-lance writer whose work has appeared in Maxim. To contact him, send e-mail to [timothy@bodyquicken.com](mailto:timothy@bodyquicken.com). For more information about ART, visit <http://www.activerelease.com> or call (888)396-2727.