

brainquicken

Faster Minds Stronger Bodies™

1.877.TRY.BRAINQUICKEN(1.877.879.2724)

Mind and Muscle Performance Report

Your email

Subscribe

We Respect Your [Privacy](#)

TRY IT

11

Home

About Us

11 Reasons to Use

Testimonials

110% Guarantee

FAQ

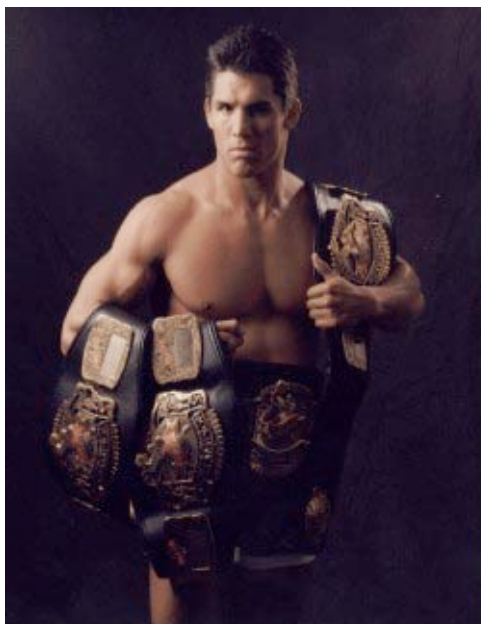
Ingredients

Articles

Distributors

Contact

The New 15-minute Injury Solution: ART



"ART should be a permanent part of any fighter or athlete's preparation, training, and recovery."

-Frank Shamrock, 5-Time Ultimate Fighting Champion

What is Active Release Techniques™ (ART)?

Active Release Techniques™ (ART) is a non-invasive treatment for soft-tissue injury which uses active motion and tension to separate adhesions that limit range of motion and muscular contraction.

ART was developed by Dr. Michael Leahy, veteran of 17 Ironman triathlons and doctor to, among others, Olympic gold-medal sprinter Donovan Bailey, Bill Phillips of EAS, Gary Roberts of the NHL Toronto Maple Leafs, Olympic strength coach Charles Poliquin, and Mr. Universe Milos Sarcev. In the decade since the formal patenting of its methodologies, Leahy and certified ART practitioners have prevented 100s of surgeries previously viewed as the sole options for treatment of various soft-tissue trauma.

ART sessions are 5-15 minutes in length, and approximately 95% of client injuries can be successfully treated in 1-6 sessions (average of 10-60 minutes per injury). "Soft-tissue injuries" eligible for ART treatment exclude ruptured disks and broken bones, but include common

athletic adhesions, such as rotator cuff impingement, tendonitis, low-back strain, post-concussion syndrome as caused by neck strain, ankle and wrist sprain, shin splints, hip flexor impingement, and carpal tunnel syndrome.

Case Study: Frank Shamrock, 5-time UFC Champion

Frank Shamrock was introduced to Janzen & Janzen Sports Health Clinic in San Jose, California in the summer of 2001 and had his first ART treatment in July 2001 when he was rendered unable to walk following an acute lower back injury during training.

"I didn't expect anything different. I had seen more than 30 chiropractors throughout the world 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 various MDs: I would need to have my vertebrae fused, or simply tolerate the pain of an injury that was irreversible. Based on past experience, I was certain that I would need to cancel the K-1 kickboxing fight I had scheduled for one month later."

Dr. Mike Janzen of Janzen & Janzen felt differently. "Frank's case was just like the other professional fighters and athletes we've seen. He had been told that his options were to suffer through permanent pain, mask the pain with drugs, or undergo invasive surgery and extensive rehabilitation requiring abstinence from training. Within 4 sessions of approximately 10 minutes each, a total of 40 minutes, 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% the following Tuesday. 16 years of pain was removed in less than an hour of total treatment time."

Three weeks later, Frank won his K-1 fight by first round KO. Frank has since made Dr. Janzen his official doctor for fight preparation and recovery; recommended the same treatment for BJ Penn, Brazilian Jiu-Jitsu World Champion; and used ART to restore range of motion to his left shoulder (preventing surgery), right shoulder, hamstring, mid-back, ribcage, and feet.

Two weeks prior to the November 2nd 2001 UFC, BJ Penn's lower back pain was treated successfully in two sessions of 15 minutes. BJ knocked-out a heavily favored Caol Uno in 11 seconds of the first-round.

According to testimonials from ART patients worldwide, such results are not atypical. The cost-effectiveness is profound when calculating the accrued expenses of other options: surgery, rehabilitation, drugs, and cancelled training classes. ART generally costs between \$45-100 per session and is categorized by select health insurance plans as "myofascial release". Check with your healthcare provider for limitations and coverage.

Authored by Adaptagenix DC Staff

Adaptagenix DC has developed neural acceleration programs for world-class athletes in 16 countries. The founders of BrainQUICKEN™ (Cognamine) have been featured by Maxim, Philadelphia Inquirer, MTV, CBS, and other media worldwide.

[Try BrainQUICKEN™ risk-free for 60 days!](#)

Subscribe to our Mind and Muscle Performance Report

Each month, we deliver carefully researched reports to help you improve your mind and body. View a [Sample Report](#)

We Respect Your [Privacy](#)

[Try It](#) | [About](#) | [11 Reasons to Use](#) | [Testimonials](#) | [Guarantee](#) | [FAQ](#) | [Contact Us](#)
[Articles](#) | [Be a Distributor](#) | [Be an Affiliate](#)

© 2002 BrainQUICKEN LLC Research and Technologies, All rights reserved