

## HOW TO SPREAD THE BUZZ?

### What is Active Release Techniques® (or ART®)?

Active Release Techniques® is a patented soft tissue treatment process that is effective in the treatment of overuse and strain/sprain conditions.

ART® is an advanced system that targets scar-tissue to correct muscle function and free nerve entrapments.

By breaking down scar tissue adhesions and correcting the appropriate movement and function, ART yields significant improvement and/or resolution without surgery or medication.

### How does scar tissue form?

Scar tissue helps with the healing process after a strain but tends to not go away unless effectively treated.

Scar tissue also forms from repetitive activity due to tight muscles over time.

### ART® is like...

The best way to picture what happens to an injured muscle or tendon is strained or when a ligament is sprained is to imagine painting with a paintbrush. The bristles represent your muscle fibers which glide against each other freely and smoothly. You paint and leave the paintbrush out overnight. You discover in the morning that the bristles are stuck together and adhered to, preventing you from using the paintbrush.



As Active Release Techniques® Providers, we break down scar tissue from cumulative trauma disorders, repetitive strain injuries, postural strain, sports injuries and general wear and tear. We are like turpentine for your body.

### Who is Dr. Kintaro Oku?



Dr. Kintaro Oku is a Chiropractic Physician and Certified Active Release Techniques® Provider dedicated to providing you, individualized "Results Driven Health Care", while you perform your normal activities of daily living. I am fully committed to getting you better quickly. I am specially trained to identify and effectively diagnose over 500 structures and treat conditions that cause a variety of aches, pains, numbness, and tingling. Ultimately, I want you to function at your highest level.

### Help a friend today!

Direct your friends to [www.DrOkuLive.com](http://www.DrOkuLive.com) and press the **BIG RED BUTTON**.

