

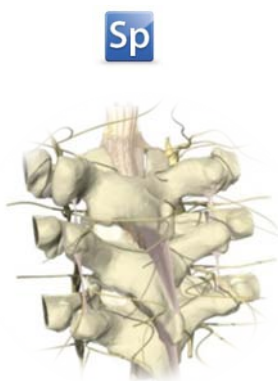
# Courses 2011

## Active Release Techniques® in Europe

ART® is a well-recognized soft tissue treatment method in the US and Canada. The method is highly representative among practitioners dealing with elite athletes, clubs and teams.

The technique has been developed, refined and patented by P. Michael Leahy DC, CCSP. Dr. Leahy's work started more than 25 years ago. Now we have more than 13.000 practitioners worldwide working with ART®.

We are pleased to announce that ART® Europe is expanding the course locations in 2011. Practitioners will now be able to follow our course modules in Norway, UK, Ireland, Germany, Switzerland and Sweden.



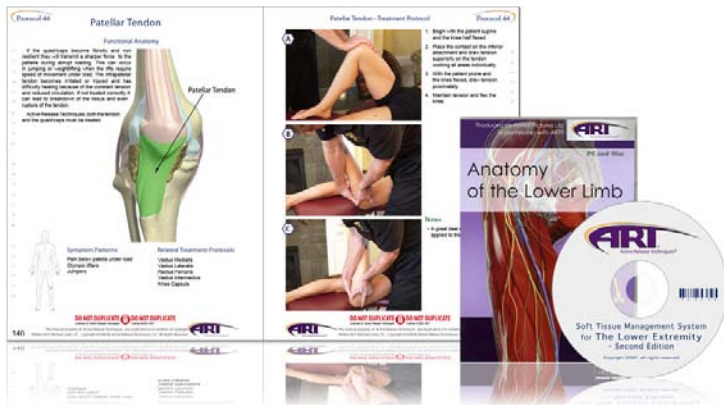
**ART® Spine**



**ART® Lower extremity**



**ART® Upper extremity**



### Who can take an ART® course?

Courses are for practitioners who treat or manage soft-tissue injuries and conditions.

In order to participate in an Active Release Technique Soft-Tissue Management training course, you must be a licensed health care professional with soft-tissue malpractice insurance. In other words, you must be licensed/certified to perform soft tissue treatment on patients/clients.

### Study materials

The ART® modules consist of more than 500 specific treatment moves, including peripheral nerve entrapments.

Registration for any of the ART® courses includes a personalized bound study manual, 1 instructional DVD and a Primal anatomy CD.

### Preparation/Course information

A strong understanding of human anatomy and physiology is vital when learning and practicing ART®. It is strongly recommended that providers take time prior to the courses to study their materials and watch the DVD(s) in order to be prepared for the course itself.

Thursday, Friday, and Saturday will be educational days comprised of 80 percent hands-on work and 20 percent lecture. Instructors will present each protocol and then break into small groups to practice and answer questions. Testing will take place on Sunday mornings.

Once a provider passes the practical exam, they are considered a Certified ART® Provider.

Please visit our European web-site for more information.

*Increase your hands-on skills with us in 2011!*

Nicolai van der Lagen  
Active Release Techniques® Europe

## Schedule of Events 2011:

- Le** March (24-27) - UK  
ART® Lower extremity in Liverpool, Everton FC
- Sp** April (7-10) - Norway  
ART® Spine in Moss
- Ue** May (5-8) - Ireland  
ART® Upper extremity in Dublin
- Ue** August (18-21) - Sweden  
ART® Upper extremity in Stockholm
- Sp** September (1-4) - Switzerland  
ART® Spine in Verbier
- Ue** October (13-16) - Germany  
ART® Upper extremity in Munich
- Le** November (10-13) - Norway  
ART® Lower extremity
- Sp** December (coming soon) - UK  
ART® Spine in Liverpool, Everton FC

### Course price:

\$ 2 190,- / \$ 1 790,-

### Please note:

There is immediate clinical application for chiropractors, physicians, osteopaths, massage therapists, physical and occupational therapists, and certified athletic trainers.

If you have any questions related to payments or study material, please call the Europe office.

### Contact information:

ART® Europe  
Nicolai van der Lagen  
Prinsensgate 9  
1530 Moss

+47 - 69 25 00 34  
nicolai@activerelease.no

[www.activerelease.no](http://www.activerelease.no)