

# Active Release Techniques Upper Extremity Level 1

Instructor: P. Michael Leahy, DC

CE Provider: Life Chiropractic College West  
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CE Hours requested: 24

## Intent of Course:

The ART® Upper Extremity Course consists of 106 protocols including peripheral nerve entrapments. Learn to treat carpal tunnel syndrome, tennis elbow, and shoulder injuries. For some neck and shoulder problems, the ART® Spine Course protocols are necessary to help resolve the injury.

The ART Upper Extremity Course is designed to identify and effectively treat common issues such as carpal tunnel, tennis elbow and shoulder injuries. Although it also includes some spine issues where muscles overlap the two regions, protocols from the ART Spine Course may be necessary to help fully resolve the injury. Manual techniques are utilized to move the tissues and joints while under tension. The system allows for relative motion between the tissues and articulations. Evaluation and treatment occur simultaneously.

The course emphasizes the manipulation of the neuro-musculoskeletal system to diagnose and correct alterations in tissue texture, tension, movement and function.

This 3.5-day course consists of 107 protocols including peripheral nerve entrapments. Registration for this course includes a personalized 440-page bound study manual and 1 instructional DVD. Please allow 3-6 business days for shipment.

## Method of Instruction:

Lecture, manual, video, slides, hands-on

## Course Objectives:

1. Locates correct structures when asked, based on anatomical names (Knowledge)
2. Selects the appropriate protocol treatment for the structure identified as having an issue (Knowledge)
3. Explains the patient movement required to shorten and lengthen the structure of interest (Comprehension)
4. Restates the Law of Repetitive Motion and identifies implications for muscular skeletal disorders (Comprehension)
5. Applies the learned contact, tension and motion of a protocol to a structure on an instructor who is imitating a patient (Application)
6. Produces the full structural movement required to effectively resolve issues with muscle or tissues (Application)
7. Correctly differentiates healthy versus unhealthy tissue based on biomechanical principles using palpation (Analysis)
8. Compares the movement and feel of healthy versus unhealthy tissue to detect problems with muscles, fascia, tendons, ligaments and nerves within the human anatomical system (Analysis)
9. Gives an example of a clinical presentation expected for an issue for a particular protocol structure (Synthesis)

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10. Develops an effective treatment plan for patients incorporating Active Release Techniques integrated with past training (Synthesis)
11. Recommends correct protocol both for structure involved as well as location of unhealthy tissue within the structure (Evaluation)
12. Provides peer-review critique to colleagues who are demonstrating protocol application (Evaluation)

Hours	Topic
Day 1	
0.5	Introduction of the concepts of Active Release Techniques. History, Principals, Diagnosis
3.5	Treatment Protocols #23-37, Instructions & Hands On Upper Extremity Structures 23) Flexor Digitorum (84 – Median Nerveat Flexor Digitorum) 24) Pronator Teres (85 – Median Nerveat Pronator Teres) 25) Flexor Digitorum with Pronator Teres 26) Lacertus Fibrosis 27) Flexor Carpi Ulnaris (105 – Ulnar Nerveat Flexor Carpi Ulnaris) 28) Palmaris Longus& Flexor Carpi Radialis 29) Pronator Tereswith Brachioradialis 30) Extensor Carpi Radialis 31) Extensor Group(95 – Radial Nerveat Proximal Wrist Extensors) 32) Supinator (96 – Radial Nerveat Supinator) 33) Arcade of Frohse (97 – Radial Nerveat Arcade of Frohse) 34) Anconeus 35) Anconeus Supinator Wrist Extensors 36) Brachioradialis (94 – Radial Nerveat Brachioradialis) 37) Brachioradialis with Brachialis (98 – Radial Nerveat Brachialis / Brachioradialis)
4.0	Treatment Protocols #38-41,1-10, Instructions & Hands On Upper Extremity Structures 38) Annular Ligament with Extensors 39) Lateral Intermuscular Septum (99 – Radial Nerveat Lateral Intermuscular Septum) 40) Brachialis 41) Triceps (77 – Inferior Lateral Brachial Cutaneous Nerveat Triceps) 1) Finger Joint Capsules 2) Proximal Flexor Tendons 3) Flexor Tendons / Transverse Carpal Ligaments 4) Flexor Tendons with Palmar Fascia 5) Extensor Tendons with Retinaculum 6) Lumbricals & Interossei (78 – Digital Nervesat Palmar Fascia / Lumbricals) 7) First Dorsal Interosseous Muscle 8) Palmar Fascia 9) Adductor Pollicis 10) Flexor & Opponens Pollicis Muscles
Day 2	

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4.0	<p>Treatment Protocols #11-22, 42-44, Instructions &amp; Hands On</p> <p>Upper Extremity Structures</p> <ol style="list-style-type: none"> <li>11) Flexor Pollicis Longus</li> <li>12) Extensors Indicis &amp; Pollicis Longus</li> <li>13) Extensor Pollicis Brevis / Abductor Pollicis Longus</li> <li>14) Extensor &amp; Abductor Pollicis with Retinaculum</li> <li>15) Palmaris Brevis</li> <li>16) Hypothenar Muscles (102 – Ulnar Nerve at Hypothenar Muscles)</li> <li>17) Tunnel of Guyon (103 – Ulnar Nerve at Tunnel of Guyon)</li> <li>18) Carpal Ligaments</li> <li>19) Transverse Carpal Ligament (83 – Median Nerve at Carpal Tunnel)</li> <li>20) Radial &amp; Ulnar Collateral Ligaments</li> <li>21) Pronator Quadratus</li> <li>22) Pronator Quadratus with Flexor Carpi Ulnaris (105 – Ulnar Nerve at Pronator Quadratus/ Flexor Carpi Ulnaris)</li> <li>42) Medial Intermuscular Septum (106 – Ulnar Nerve at Medial Intermuscular Septum)</li> <li>43) Biceps (88 – Lateral Antebrachial Cutaneous Nerve at Biceps)</li> <li>44) Coracobrachialis (87 – Musculocutaneous Nerve at Coracobrachialis)</li> </ol>
4.0	<p>Treatment Protocols #45-58, Instructions &amp; Hands On</p> <p>Upper Extremity Structures</p> <ol style="list-style-type: none"> <li>45) Deltoid</li> <li>46) Pectoralis Major</li> <li>47) Pectoralis Minor (75 – Medial Pectoral Nerve at Pectoralis Minor, 92 – Neurovascular Sleeve at Coracopectoral Tunnel)</li> <li>48) Latissimus Dorsi</li> <li>49) Latissimus Dorsi with Triceps &amp; Teres Major (100 – Radial Nerve at Superior Radial Tunnel)</li> <li>50) Teres Major</li> <li>51) Subscapularis (73 / 107 – Brachial Cord at Subscapularis)</li> <li>52) Infraspinatus</li> <li>53) Infraspinatus with Teres Minor &amp; Deltoid</li> <li>54) Teres Minor</li> <li>55) Teres Minor with Triceps (76 – Axillary Nerve at Quadrangular Space)</li> <li>56) Supraspinatus (101 – Suprascapular Nerve at Supraspinatus)</li> <li>57) Subclavius</li> <li>58) Trapezius</li> </ol>
Day 3	

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4.5	<p>Treatment Protocols #59-72, Instructions &amp; Hands On</p> <p>Upper Extremity Structures</p> <ul style="list-style-type: none"><li>59) Rhomboids (79 – Dorsal Scapular Nerveat Rhomboids)</li><li>60) Rhomboids with Serratus Posterior</li><li>61) Serratus Posterior Superior (80 – Dorsal Scapular Nerveat Serratus Posterior)</li><li>62) Serratus Posterior Superior with Levatore Scapulae (91 – Nerve Rootsat Serratus Posterior / Levatore)</li><li>63) Serratus Anterior (81 – Long Thoracic Nerveat Serratus Anterior)</li><li>64) Serratus Anterior with Subscapularis</li><li>65) Glenohumeral Capsule</li><li>66) Capsulewith Infraspinatus &amp; Deltoid</li><li>67) Coracoacromial Ligament</li><li>68) Acromioclavicular Joint</li><li>69) Scalenes (90 – Nerve Rootsat Scalenes)</li><li>70) Scalenes with Levatore Scapulae</li><li>71) Levatore Scapulae</li><li>72) Levatore Scapulae with Supraspinatus&amp; Trapezius</li></ul>
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4.0	<p>Treatment Protocols #73-107, Instructions &amp; Hands On</p> <p>Peripheral Nerve Entrapments</p> <ul style="list-style-type: none"><li>73) Neurovascular Sleeve at Coracobrachialis</li><li>74) Neurovascular Sleeve at Coraco-Pectoral Tunnel</li><li>75) Brachial Cordsat Subscapularis</li><li>76) Brachial Plexus at Scalenes</li><li>77) Nerve Rootsat Scalenes</li><li>78) Nerve Rootsat Serratus Posterior / Levatore</li><li>79) Medial Pectoral Nerveat Pectoralis Minor</li><li>80) Axillary Nerveat Quadrangular Space</li><li>81) Inferior Lateral Brachial Cutaneous Nerveat Triceps</li><li>82) Digital Nervesat Palmar Fascia / Lumbricals</li><li>83) Dorsal Scapular Nerveat Rhomboids</li><li>84) Dorsal Scapular Nerveat Serratus Posterior</li><li>85) Long Thoracic Nerveat Serratus Anterior</li><li>86) Median Nerveat Thenar Muscles</li><li>87) Median Nerveat Carpal Tunnel</li><li>88) Median Nerveat Flexor Digitorum</li><li>89) Median Nerveat Pronator Teres</li><li>90) Median Nerveat Ligament of Struthers</li><li>91) Musculocutaneous Nerveat Coracobrachialis</li><li>92) Lateral Antebrachial Cutaneous Nerveat Biceps</li><li>93) Medial Antebrachial Cutaneous Nerveat Fascia</li><li>94) Radial Nerveat Brachioradialis</li><li>95) Radial Nerveat Proximal Wrist Extensors</li><li>96) Radial Nerveat Supinator</li><li>97) Radial Nerveat Arcade of Frohse</li><li>98) Radial Nerveat Brachialis / Brachioradialis</li><li>99) Radial Nerveat Lateral Intermuscular Septum</li><li>100) Radial Nerveat Superior Radial Tunnel</li><li>101) Suprascapular Nerve at Supraspinatus</li><li>102) Ulnar Nerveat Hypothenar Muscles</li><li>103) Ulnar Nerveat Tunnel of Guyon</li><li>104) Ulnar Nerveat Pronator Quadratus/ Flexor Carpi Ulnaris</li><li>105) Ulnar Nerveat Flexor Carpi Ulnaris</li><li>106) Ulnar Nerveat Medial Intermuscular Septum</li><li>107) Ulnar Nerveat Medial Cord of Brachial Plexus, Subscapularis</li></ul>
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