

# FEEL BETTER FASTER

WITH ACTIVE RELEASE TECHNIQUES®

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**ART**®



# INJURY STATISTICS

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- ▶ **55.4 million injuries in 2020**
  - 1 in 6 workers sought medical attention for a work injury
- ▶ **115 billion in injury costs annually**
- ▶ **Every second on average 14 American workers sustain an injury**
- ▶ **Average per claim cost is \$41,353 in 2020**

*These are direct costs. Indirect costs include replacement hiring and days away from the facility*

[Per NSC Injury Facts]



# DISCUSSION POINTS

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- ▶ What is ART Treatment?
- ▶ Why ART On-site Wellness?
- ▶ Getting Started

PART 1

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# WHAT IS ART TREATMENT?

Non-invasive system engineered to quickly  
resolve soft-tissue dysfunction

# ART TREATS:

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- ▶ Aches, pains, and strains, including:
  - Back Pain
  - Shoulder Pain
  - Foot Pain
  - Joint Pain
  - Sciatica
  - Elbow Pain
  - Migraines + Headaches
  - Carpal Tunnel Syndrome
- ▶ Mechanisms of treatment
- ▶ ART Elite Provider Network



PART 2

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# WHY ART ON-SITE WELLNESS?

Powering your employees and your business

# OVERUSE OR REPETITIVE MOTION

Weak and  
tight tissues

Friction, pressure,  
and tension

Inflammation, tearing,  
edema/swelling,  
decreased circulation

Adhesion  
and fibrosis

Quick and effective  
treatment provided at  
**your facility**

**15-minute**  
treatment sessions

More than **80%**  
of issues resolved in  
**five or fewer**  
treatment sessions

## ART'S POSITIVE IMPACT

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- ▶ Average cost of an ARTCS case is \$306.69
- ▶ 697,002 treatments in four years
- ▶ 87.2% average improvement on pain scale
- ▶ 3.42 is the average number of treatments per closed case

[Pajaczkowski, J. (2022). Utilization rates of active release Techniques® in the workplace: A descriptive study. *Work*, 73(2), 611-620. <https://doi.org/10.3233/wor-210030>]



# OSHA DESIGNATION

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OSHA considers ART treatment first aid for illness and recordkeeping purposes, meaning ART programs don't create recordables, but help you reduce them instead.

**U.S. Department of Labor**

Assistant Secretary for  
Occupational Safety and Health  
Washington, D.C. 20210



Michael Leahy, DC  
Active Release Techniques, LLC

Suite 230  
Colorado Springs, Colorado 80910

Dear Dr. Leahy,

In determining whether ART constitutes first aid or a medical treatment under the definitions of the recordkeeping rule, OSHA's Directorate of Evaluation and Analysis, in consultation with the Office of Occupational Medicine, undertook a comprehensive analysis. Based on this determination, OSHA finds that ART is considered first aid for injury and illness recordkeeping purposes.



What is ART Treatment?

Why ART On-site Wellness?

Getting Started

PART 3

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# GETTING STARTED

Implement and utilize ART On-site Wellness  
to maximize results

# ONBOARDING

Prepare for on-site care to begin



## Call with Account Manager

Discuss scheduling system, program expectations, and reporting details



## Employee Orientation

Explain what ART treats, what to expect during treatment, and employee responsibilities



## Choose Your Space + Materials

ART Elite Providers need a private space to treat employees, and you get to choose stretching guides



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# REPORTING

Keep track of your treatments through regular reporting from ART

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Number  
of Sessions  
Per Case

%

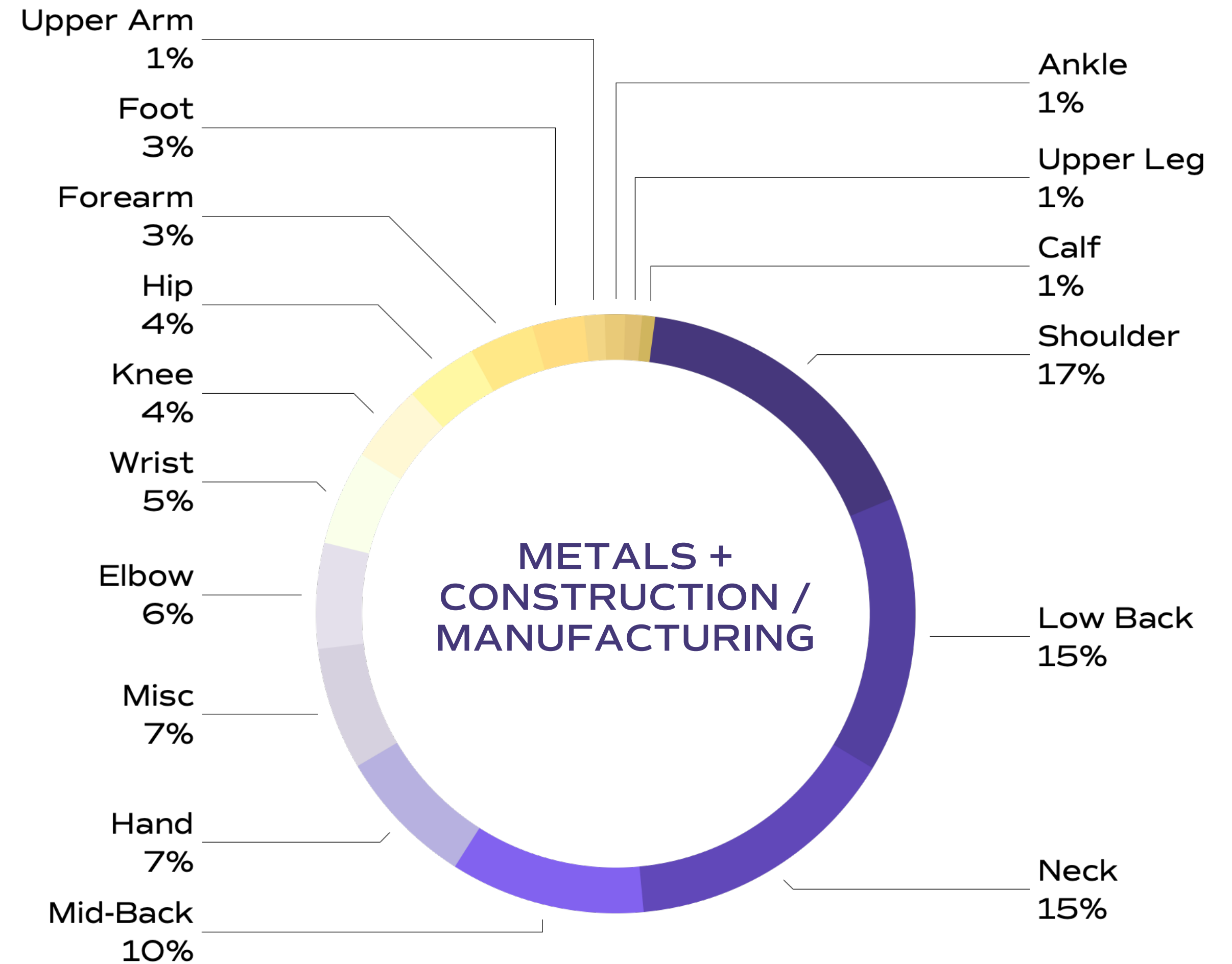
Percent  
Improvement

\$

Total Cost  
Per Case

# RETURN ON INVESTMENT

Industry	Employees
Metals & Construction / Manufacturing	350
Estimate Annual Worker's Comp Savings	\$258,411
<b>Estimate Total Savings</b>	<b>\$205,911</b>
<b>Estimated Return on Investment</b>	<b>5X</b>



What is ART Treatment?

Why ART On-site Wellness?

**Getting Started**

THE  
**GOLD STANDARD**

IN SOFT-TISSUE CARE™

**ART**®