

ART INSIDER

ART CREDENTIALS MAKE AN IMPACT

We had the chance to chat with Dan Garcia, LMT and ART Certified Provider for the Dallas Stars, to hear more about how Active Release Techniques has made an impact on his career.

ART: Dan, where did you begin your career?

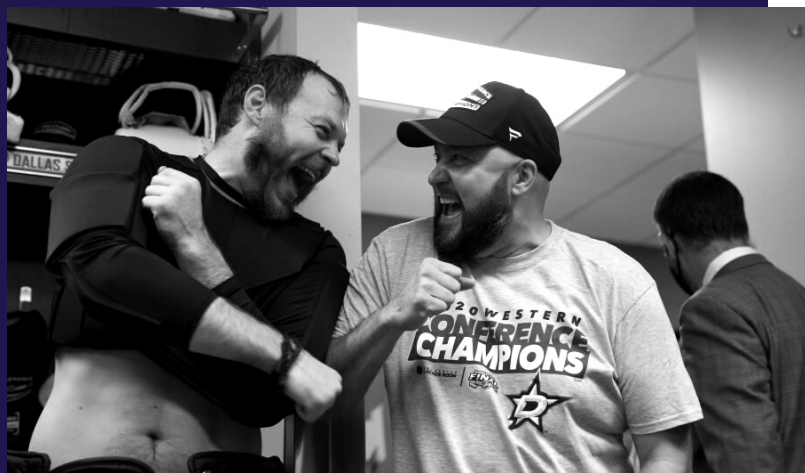
Dan Garcia: I initially worked with the general public and geared my practice towards athletes after becoming an ART provider. Then I transferred to working with collegiate sports, specifically SMU in Texas. Athletes look for ART. They want to know who the "ART guy" is wherever they go.

ART: What has been one of your most memorable moments?

DG: During an interview to come on staff with SMU, I was presented with an unresolved case that the clinical staff could not figure out. The athlete had anterior hip pain, so I performed an ART psoas move. Instantly, the pain was gone and everyone applauded. They were stunned, but I knew what to do based on what I had earned from an ART Seminar.

ART: What would be your advice to new ART Providers?

DG: The first thing to do is to really have your anatomy down pat. I've tutored some people and the first thing we get on is anatomy. Most people that get that down can pick up ART pretty well.



ART: What are you doing today?

DG: I heard in my first ART seminar, "you should have at least one miracle in your office." Taking that to heart, I studied hard and became an instructor because I knew that would help me become a better clinician. Because of who I helped and the relationships I made along the way, I was brought in by the Dallas Stars, and have been working with them for five years now. It's been an absolute blast. I know that I am where I am because of what ART has shown me and I can't say enough about the experiences I have had and the people I have met. Working with some of the best minds in the bodywork business has been invaluable to me.

[Watch the full interview here.](#)

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