

M C P   S E R V E R

N O   C O D E

C L O U D   H O S T E D

# Active Release Technique (ART) Timer MCP

Manage precise treatment protocols and patient movement cycles.

Active Release Technique (ART) Timer MCP handles the complex timing math required for soft tissue treatments. It calculates contact durations, movement cadences, and rest intervals based on specific tissue types and lesion complexity. Instead of manual timing, your AI client manages the repetitive patterns and session planning for you.

**A+** Quality Score 100/100

art

physical-therapy

soft-tissue

timing

clinical-protocol



# The connectivity layer between AI and the world's software.

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Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

# Your AI Connections Run Through Vinkius Cloud

The world's largest  
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

*The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.*

— Architecture principle

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## Four Pillars of the Vinkius Runtime

### 01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

### 03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

### 02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

### 04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

**AES-256**

Encryption at rest

**Ed25519**

PKI vault signatures

**24h TTL**

Ephemeral session keys

**V8 Isolate**

Sandboxed execution

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## One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

**MCP ENDPOINT**`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

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## Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

**01 — Ed25519 PKI Vault**

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

**02 — V8 Isolate Sandboxing**

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

### 03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

### 05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

### 04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

### 06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

## Emergency Kill Switch

EU AI Act Art. 14(1)  
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

#### 01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

#### 02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

#### 03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

## Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

**Control Plane**

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

**FinOps**

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

**Firewall & DLP**

PII redaction activity, sensitive data protection counters, and security event timeline.

**Agent Activity**

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

**Tool Health**

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

**Incident Log**

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at [cloud.vinkius.com](https://cloud.vinkius.com) — connect your AI agent in under 60 seconds.

# Active Release Technique (ART) Timer MCP

4 tools available

Cloud-hosted on Vinkius

This MCP manages the technical timing requirements for Active Release Technique (ART) practitioners. When you are performing soft tissue work, the precision of contact time and movement rhythm is critical to the treatment's effectiveness. This tool takes the mental load off by calculating exact temporal patterns based on the specific lesion and tissue type you are treating.

You can use your AI client to map out entire treatment sequences, ensuring that rest intervals and movement cycles stay consistent. It handles the math for repetitive patterns, so you can focus on the patient. Whether you need to know the specific cadence for a patient to follow or a high-level summary of a planned session, this MCP provides the data instantly through your preferred interface.

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## Core Capabilities

### 01 — Protocol Calculation

Your agent determines specific timing parameters for planned treatments.

### 02 — Sequence Planning

The AI calculates full repetitive patterns for entire sessions.

### 03 — Patient Rhythm Guidance

Your agent provides cadence instructions to keep patient movements consistent.

### 04 — Session Summarization

The AI generates high-level overviews of scheduled treatment plans.

# One Click on Vinkius — From Prompt to Execution

Available at [vinkius.com/en/ai-agent-connect/active-release-technique-art-timer](https://vinkius.com/en/ai-agent-connect/active-release-technique-art-timer) — connect your AI agent in three steps.

- 01 Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.
- 02 Describe the tissue type and lesion complexity to your AI client.
- 03 Ask the AI to calculate the specific timing or sequence.
- 04 Follow the generated cadence or session summary during the treatment.

Connect the MCP to your AI client to start managing clinical protocols immediately.

## Built For

This MCP is built for clinical practitioners specializing in soft tissue mobilization and manual therapy.

### ART Practitioners

They use the AI to manage repetitive treatment cycles and timing.

### Physical Therapists

They offload protocol math to the AI to maintain focus on patient care.

### Clinical Managers

They use session summaries to oversee treatment scheduling and intensity.

## What Changes When You Connect

- 01 Calculates contact timing and rest intervals based on tissue type.
- 02 Automates the math for repetitive movement patterns.
- 03 Provides consistent cadence instructions for patients.

- 04 Generates session overviews to track treatment intensity and duration.
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## Real-World Applications

### Muscle Adhesion Treatment

Use the AI to find the exact contact and rest durations for a specific release phase.

### Tendon Strain Management

Calculate the total time and number of cycles needed for multiple passes on a tendon.

### Ligament Lesion Planning

Generate a high-intensity session summary including pass counts and expected duration.

### Patient Movement Coaching

Get specific rhythm instructions to guide a patient through a movement cycle.

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## Patterns to Avoid

### Manual timing calculations

#### ❌ AVOID

You try to track contact intervals and rest periods on a stopwatch while keeping your hands on the patient.

#### ✓ INSTEAD

Let your agent handle the math. Use ``get_protocol_timing`` to get the exact parameters for the specific lesion you are treating.

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### Vague session planning

#### ❌ AVOID

You guess how many cycles a patient needs for a tendon strain and hope the intensity is right.

#### ✓ INSTEAD

Use ``calculate_treatment_sequence`` to compute the full repetitive pattern for the entire session before you start.

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### Inconsistent patient coaching

#### ❌ AVOID

You give verbal cues that vary from session to session, making it hard for the patient to find a rhythm.

#### ✓ INSTEAD

Use ``get_movement_cycle_cadence`` to provide consistent, specific rhythm instructions for every movement cycle.

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## The Right Fit

Connect this MCP if you are a clinical practitioner managing repetitive soft tissue protocols. Do not connect it if you perform general massage or non-rhythmic manual therapy. The decision depends on whether your treatment requires strict temporal precision for specific lesions.

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# Active Release Technique (ART) Timer Tools

These tools handle the precise timing, repetitive movement math, and session planning required for soft tissue protocols.

| #  | TOOL                         | DESCRIPTION                                                                                                        |
|----|------------------------------|--------------------------------------------------------------------------------------------------------------------|
| 01 | get_protocol_timing          | This tool identifies the specific timing parameters needed for a planned ART treatment.                            |
| 02 | calculate_treatment_sequence | This tool computes the full repetitive pattern for a single treatment session.                                     |
| 03 | get_movement_cycle_cadence   | This tool provides the specific rhythm and cadence instructions for the patient to follow during a movement cycle. |
| 04 | summary_session_plan         | This tool generates a high-level overview of the scheduled treatment for the practitioner.                         |

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## See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

**U** What are the timing parameters for treating a muscle adhesion during the Release Phase?



For a muscle adhesion in the Release Phase, you need 5 seconds of contact duration, a 4 second movement cycle, and a 10 second rest interval between passes.

**U** Calculate a treatment sequence for 5 passes on a tendon strain in the Integration Phase.



The sequence for 5 passes on a tendon strain will consist of 5 total cycles with a cumulative treatment time of 120 seconds.

**U** Give me a summary for a high-intensity session on a ligament lesion.



The scheduled treatment for the ligament lesion requires 8 passes with an expected duration of 300 seconds and a High intensity level.

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## Frequently Asked Questions

**01** How does this MCP handle different tissue types?

The tool calculates timing, contact, and rest intervals based on the specific tissue type and lesion complexity you provide.

**02** Can I use this with Claude or Cursor?

Yes, you can connect this MCP to any MCP-compatible client including Claude, Cursor, and Windsurf.

**03 Does it calculate total treatment time?**

Yes, the `calculate_treatment_sequence` tool determines the cumulative treatment time for a set number of passes.

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**04 What kind of information can I get for a patient?**

You can get specific movement cycle cadence instructions to help guide the patient's rhythm.

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**05 Is there a way to see a full session plan?**

Yes, the `summary_session_plan` tool provides a high-level overview of the scheduled treatment.

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**06 How does the tool determine timing parameters?**

Timing is calculated using ``get_protocol_timing`` which analyzes the combination of tissue density and lesion severity to ensure precise contact and rest intervals.

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**07 Can I plan a full session at once?**

Yes, you can use ``calculate_treatment_sequence`` to generate the complete repetitive pattern, including total cycles and cumulative treatment time.

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**08 Does this provide instructions for the patient?**

Yes, the ``get_movement_cycle_cadence`` tool provides natural language descriptions of the required movement tempo for the patient.

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# Go Live in 60 Seconds

Get your connection token from [cloud.vinkius.com](https://cloud.vinkius.com), then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

| CLIENT                                                                                       | WHERE TO CONFIGURE                                                                                             |
|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|  Claude AI  | Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint                                 |
|  Cursor     | Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint                        |
|  VS Code  | Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"active-release-technique-art-timer": { "url": "..."} </code> |
|  Windsurf | MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL                                               |
|  ChatGPT  | Settings → Tools & plugins → Add MCP server → Paste endpoint                                                   |
|  Gemini   | Extensions → Add MCP Server → Paste endpoint URL                                                               |

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

# Active Release Technique (ART) Timer is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and  
start building. No SDK. No deployment. Just results.

**Start at [cloud.vinkius.com](https://cloud.vinkius.com) →**

[vinkius.com](https://vinkius.com) · [support@vinkius.com](mailto:support@vinkius.com)

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