

What to expect during a MAT session

Please wear comfortable clothing (t-shirt and sweats or gym shorts) as the MAT session takes place on a massage table. The MAT practitioner will have you move into different positions to analyze ROM and to perform the muscle tests.

The sessions last for an hour, or if you prefer, an hour and a half.

Weekly sessions are most effective in combination with the isometric homework that enhances the MAT session. The isometrics will be demonstrated and explained during your MAT session.

Number of sessions

Some people notice a big difference after a few sessions. The number of sessions will depend on the length of time there has been an imbalance in your body, which is unique for each individual. The closer together the MAT sessions, the faster the results.

Isometric exercises will be given as homework to help reinforce the MAT work. The more diligent you are with your homework the fewer sessions and time it will take for you to see positive results.

Who would benefit from MAT?

Many people would benefit from MAT for:

- **Muscular or joint pain**; low back, neck, shoulders, hips, knees or elbows...
- **Chronic muscular tension**; hamstrings, neck, shoulders, back, jaw....
- **Muscular weakness and fatigue**; arms, hands, abdominals, legs, back...
- **Muscular imbalance after surgery**; knee, shoulder, back, ankle, abdominals...
- **Stressed**; headaches, stiff neck, chronic muscular spasms...
- **People of all ages, shapes and sizes**; stay at home moms, weekend warriors, kids, stressed corporate folks, seniors, professional athletes, and people who work hard with their hands...
- **Learn more about your unique body**; increase your understanding about your compensatory patterns, or imbalances, learn effective exercises to reinforce and strengthen your body...
- **Do you keep re-injuring yourself?** Do you have the same reoccurring symptoms over and over?

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MAT

Muscle Activation Techniques™

*Experience a revolutionary
new technique that corrects
muscular imbalance
and relieves pain.*



Renaë Hawkos
Nationally Certified Massage Therapist
MAT Certified Specialist

What is MAT?

Muscle Activation Techniques™ is a dynamic muscular assessment system that analyses and corrects muscular imbalances in the body. It has been successful in the reduction or elimination of pain and fatigue.

This innovative treatment was developed by Greg Roskopf, MA. Greg is a biomechanical expert who has been a consultant for the Denver Broncos, Nuggets and the Utah Jazz. Web site: www.muscleactivation.com

What makes MAT unique?

MAT views muscular weakness as the root cause of pain and injury in the body. When the body senses weakness or muscular inhibition it tightens other muscles in order to help stabilize the joint.

Muscle tightness is viewed as a form of protection. When a joint is stabilized by strengthening the inhibited muscles the hypertonic or tight muscle(s) relax.

MAT addresses the component of muscle weakness as a cause for limitation in joint range of motion (ROM) when the muscles are weak and/or have lost proprioceptive input, then the joint that it supports becomes unstable. The instability must be identified and addressed. MAT is designed to identify and correct positions of instability.

How does MAT work?

MAT identifies and corrects the weak or inhibited muscles through a system of checks and balances.

The steps of a MAT treatment include:

- 1. Joint range of motion (ROM) exam which identifies motions that the body is protecting itself from.*
- 2. Identifies inhibited or weak muscles and positions of instability. Determine if muscles that support a joint have proper neurological input necessary to perform its function.*
- 3. Activate the inhibited or weak muscles through precision manual therapy techniques.*
- 4. Isometric exercise to reinforce neurological input and strengthen specific muscles.*

***It's time for a change!
Get to the bottom of the problem.
Address the cause instead
of the symptoms.***

MAT is the solution!

What causes weak muscles?

Muscles become inhibited or weak for numerous reasons including: stress, trauma, overuse, poor ergonomics, and sometimes dehydration.

Because of improper gamma motor neuron input, there are communication problems or altered feedback between the muscle and the central nervous system. The antagonists often become hypertonic (tight/spasmed), and there may be compensatory patterns that develop (muscles that assist or take over the function of the weak muscle), all of which can create problems with ROM, joint stability and cause pain and imbalance.

MAT a Paradigm Shift

MAT identifies the weak muscles as the cause of limitation in range of motion (ROM) and treats these underlying weaknesses. After the MAT session the body senses a new stability within the joint and the overly tight muscles relax. This helps increase the ROM or mobility of the joint. As a result of the MAT session we move with greater ease and help to reduce and/or eliminate the pain caused by instability.

MAT identifies and addresses muscular imbalances that can cause pain.