



**SCHEDULE TODAY**

# MUSCLE ACTIVATION THERAPY (MAT)

**MUSCLE ACTIVATION THERAPY (MAT) IS A THERAPEUTIC THREE-STEP PROCESS THAT DOES A SERIES OF PHYSICAL TESTS TO ASSESS AND STRENGTHEN AN INDIVIDUAL'S NEUROMUSCULAR FUNCTIONS.**

## BENEFITS OF UTILIZING MAT

- ✓ Corrects imbalances
- ✓ Treats alignments and corrects bodily habits
- ✓ Relieves muscle tightness
- ✓ Ensures joint stability
- ✓ Reduces inflammation in muscles
- ✓ Increases range of motion (ROM)
- ✓ Helps the body from degrading due to aging
- ✓ Prevents injuries and increases athletic performance

## THE THREE-STEP PROCESS

**STEP 1:** PERFORM VARIOUS MOBILITY TESTS AND CHECK THE RANGE OF MOTION (ROM). THIS WILL INDICATE ANY IMBALANCES, JOINT INSTABILITIES, OR LOSS OF MUSCLE STRENGTH

**STEP 2:** USE ISOMETRIC CONTRACTIONS AND APPLY FORCE TO THE NEEDED AREA TO ACTIVATE MUSCLES. THIS OCCURS BY CREATING A CONNECTION BETWEEN THE NERVOUS AND MUSCULAR SYSTEMS TO RESTORE THE CONTRACTIBLE CAPABILITIES

**STEP 3:** RETEST THE MUSCLES AND ENSURE THAT THEY ARE ON TRACK TO FULLY REGAIN STRENGTH AND POWER. CONTINUE THIS PROCESS FOR THE BEST RESULTS OF PATIENT HEALING

