

# The Total Training Company

## Chicago, Illinois

Muscle Activation Techniques™ is a bodywork technique using a systematic approach to identify and treat muscular imbalances that relate to injury. The focus of the evaluation procedure is based upon the understanding that the body will protect itself when it recognizes instability. Therefore, muscles will tighten up as a protective measure when instability is recognized.

Muscle Activation Techniques™ addresses muscle weakness as a cause of limitations in joint range of motion. When a muscle is weak, and/or has lost proprioceptive input, then the joint that it supports becomes unstable. This instability must be identified and addressed. MAT techniques are designed to identify and correct the positions of instability. With MAT, the body's natural protective mechanisms are diminished, and normal joint motion occurs. The end result is that we are not only increasing joint motion, but we are also making sure that there is increased stability through that range of motion (Mobility and Stability).

The undersigned understands and agrees that during the visit he/she is not receiving physical therapy or chiropractic work. It is understood that Muscle Activation Techniques™ is the only practice employed in this session.

**Muscle Activation Techniques™ is not covered by insurance.**

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_