



MAT

Muscle Activation Technique

Do you suffer from chronic back, upper, or lower body pain or tightness? Do you feel lingering pain from an old injury? MAT may be for you! MAT was created by Greg Roskopf, a biomechanics expert who has worked with many professional sport teams. It is a dynamic muscular assessment system that addresses and corrects pain-producing muscle imbalances. It can aid in muscle recovery, injury prevention, pain elimination, and fatigue, and has proven beneficial to fibromyalgia, Lyme disease, and arthritis symptoms. Many have used it as a supplement to physical therapy and surgery prevention. If you'd like to see if MAT can help you live pain-free, please call or email us to schedule a session with Micah, MAC's Certified MAT Specialist!

