

Let Muscle Activation Techniques Enhance Your Athlete's Performance

By Chris Kissel

The key to an athlete's peak performance is a balanced body. Muscle Activation Techniques (MAT) is a form of manual therapy that analyzes and corrects imbalances in the body's musculoskeletal system. This allows the athlete to move in a more efficient manner.



MAT achieves several goals.

1) It can be used to accelerate recovery from injury. 2) MAT works as a standalone form of

therapy, but also works well in complimenting other forms of therapy that the athlete may already be utilizing. 3) MAT can also be used to help athletes avoid setbacks by reducing the risk of injury; injuries that can result from faulty mechanics and/or overuse.

A typical MAT session involves a thorough body analysis, range of motion evaluation, and isometric testing when indicated. The information gathered during this initial phase is used to determine areas of weakness in the body that are causing pain or tightness. The MAT Specialist will then stimulate the appropriate muscles through manual therapy and isometric testing to restore the muscle's input to the central nervous system. The results of the intervention are apparent at the time of treatment. Although each individual is unique, treatment is typically recommended once a week until balance in the body's muscular system is achieved.

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Chris Kissel has had her certification as a Muscle Activation Techniques specialist since 2006. She also has been certified as a personal trainer through the American College of Sports Medicine since 2001. Chris is employed at Personally Fit Wellness and Training Center in Dayton, Ohio.

Communication with other health care providers, coaches, and athletic trainers is essential and can be provided when requested.

For more information on Muscle Activation Techniques, visit the website at www.muscleactivation.com or call Personally Fit Wellness and Training Center at (937) 298-8866. Chris Kissel, MAT Specialist.