

## Greg Roskopf's



« MAT looks at muscle tightness as a form of protection in the body. Weak or inhibited muscles can create the need for other muscles to tighten up in order to help stabilize the joints. MAT gets to the root of pain or injury by addressing muscle weakness rather than muscle tightness. This helps to restore normal body alignment, thereby, decreasing pain and reducing the risk of injury... »

« ...MAT can slow down or even reverse the aging process. If it is recognized that muscles are designed to stabilize and support the joints naturally; it must be understood that arthritic conditions and joint instability can be helped or prevented when muscles are prepared to function properly. All that is needed is to create proper connections between the brain and the muscles. Muscle Activation Techniques does this. It provides the ability for the body to function the way it was designed to function. Just like with a dead [car] battery, the muscles must be jumpstarted and the cables must be tightened before the muscle will function properly. In simplistic terms, through Muscle Activation Techniques, muscles that have improper neurological connections are identified, then jumpstarted; creating the ability for the muscles to stabilize the joints and reduce the joint stresses that lead to arthritic conditions. That is when the body becomes efficient and the related aches and pains are deterred. » Extract from the MAT website