

A World Without Pain: M.A.T

I have been in the fitness industry for 29 years. I have experienced most facets. Many I have enjoyed, others, were not for me. The ones that I have enjoyed I embraced with gusto, and after years there has been wear and tear.

It is difficult to avoid. When I began, we did not have the fitness standards that we have today. We did not know that if you jumped up and down for 30 minutes on a cement floor in a pair of running shoes, that over time you can develop joint and muscular damage in your hips, knees, lower back, etc.

Today we are taught proper form, we have great shoes designed for all types of activities and feet, and we have all sorts of practitioners to help us when we do get injured.

Over the past few months I have been suffering with lower back pain. At times it can be debilitating due to past abuse and over use. I had tried different kinds of treatments and when I discovered **M.A.T.** (Muscle Activation Technique) I found a treatment that miraculously helped my pain and repaired the surrounding and supporting muscles.

Below is a brief interview with Wendy Kennedy, certified Muscle Activation and Post Rehabilitation Specialist, who has taken me from pain back to a functional life.

What exactly is **M.A.T.** ?

Muscle Activation Technique assists the body in the most natural way possible to heal, support and align the muscular system. This technique relieves pressure, stress and tension on the joints that causes dysfunction, pain and even disease.

How does it work?

Muscle Activation Techniques are renowned for the ability to relieve the symptoms of pain while finding and fixing the root of the problem. In order to treat the body we must test joint function and muscle ability. Muscle Activation treats only what is weak in order to deliver support to the body. We find the cause of dysfunction to deliver the cure.

Why choose **M.A.T** ?

M.A.T has been effective on patients suffering from fibromyalgia, sciatica pain, bursitis, knee problems, hip problems, tendonitis and much more. Can you imagine the smile on someone's face who could not raise their arm for years and now they can pain free ?

It's important to take care of our bodies so that we don't experience debilitating injuries. Prevention is the key.

Today I am back at gym, enjoying my workouts pain free and functional. What more can I ask!

Phyllis Frost / FIT BODY BY PHYL