

How One Woman Decreased Her Back Pain.

It is reported that 85% of all people have back pain at some time in their life. It is the most frequent cause of limiting activities in people younger than 45 years old. Low back pain can be caused by many different factors, including overuse or strenuous activity, trauma, or degeneration (often caused by stresses on the muscles and ligaments that support the spine).

There are many things you can do to help prevent low back pain such as practicing correct lifting techniques, exercising regularly, maintaining a healthy weight and reducing emotional stress. However, sometimes those preventative techniques do not provide much relief to clients that already have low back pain. Muscle Activation Technique has provided much relief to my clients who have muscular low back pain. How does MAT work? Here is a recent blog from one of my clients who came to me with back pain after a car accident:

OC SQUEEZE BLOG Posted Oct 26 2006 by Zeena

I've been trying out a new technique to help with my post car accident back pain that I really need to share. It's a fantastic new approach to fixing muscular imbalance problems called "Muscle Activation Technique", or MAT.

My MAT technician is Kristin Menapace, a fitness instructor who is now certified in the technique. She is incredibly knowledgeable and passionate about the benefits of MAT and how it can help both athletes and common folk alike. She starts with some basic range of motion testing, where she lifts my legs and checks out my external and internal rotation. After a thorough analysis, she begins to test the muscles along my spine by pushing on me in different directions while asking me to resist her push. I'm able to resist her sometimes, but at other times it's like the muscle doesn't exist.

Once a "weak" muscle is isolated, Kristin then begins a short (two minute) palpitation of the insertion and origin of the muscle, aiming to get the motor neurons to fire. Then she makes me do a series of 2-3 short, light isometric exercises, again with the goal of getting the muscle to activate. Then she re-tests, and to my surprise it's much stronger!

Kristin continues to work along my spine, since this is where my pain is located. The idea is that by making all of the proper muscles work together in harmony, the muscles that were overcompensating in the past (and maybe causing pain) will be able to relax a little. After one treatment I already felt better, and after two treatments I was dancing again like I had never danced before!

The price of a session with a MAT practitioner can range in the area of a massage therapist, but unlike massage the goal of MAT is to do a few sessions, assign some homework, fix some weak muscles and send you on your way feeling better!

Kristin Menapace, M.S., MAT Specialist, A.C.E., Licensed Wellness Coach, is a Health and Wellness Professional. She has helped many of her clients achieve their health and wellness goals. She can be contacted directly at 949-554-8054 or Kristin@muscle-motion.com .