



Do less. Achieve more.™

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Core Restore: Your MAT/MATRx® Session Specifics

I will always address your specific concerns and questions. I am glad to explain any further information you may desire about Muscle Activation Techniques®.

I always take into great consideration each person's individual health history. I require you to fill out a health history questionnaire to help us determine the most cautious way in addressing your current muscular imbalances causing muscular dysfunction. Depending on your health history, we will determine how aggressive and cautious we need to be to minimize the stress placed on your body. One of the many positive benefits is that every time you see a MAT/Rx Specialist, we are raising your muscular threshold (muscle's ability to recover) so your muscles can handle the physical, chemical and emotional stress.

My main goal in a session is to increase your muscular system's ability to recover by identifying muscle weakness and joint limitations to bring stability and strength to the newfound range.

My clients who have had the most success with MAT/Rx have given a time commitment to the process of MAT/Rx and more importantly a commitment to themselves. I like to describe the process as if we are "unpeeling all the layers of an onion to get to the root of the problem," which is result of mechanical failure of muscles from stress (chemical, physical, emotional) trauma and/or overuse/underuse not the pain and tightness associated with the muscular imbalances.

Your health history is a major indicator of how long the process will take you. Most clients start to feel improvement anywhere between 1 to 6 MAT/Rx sessions. Some discomfort is normal, and under certain conditions, some soreness, fatigue or pain can be a positive sign that healing is taking place. The health of your neurological system is affected by the number of car accidents, surgeries, medications, injuries, drugs and alcohol use, how fatigued you are that day, all the traumas you have experienced over your lifetime and how long you had your current condition that brought you to me in the first place. Sufficient rest is very important since your body is under a great deal of stress during the healing process.

MAT/Rx is not a therapeutic massage, physical therapy, or chiropractic. MAT/Rx is non-medical and part of the exercise continuum.

If your body is weak or injured, it makes sense to limit your movement and allow the recovery process to begin with MAT/Rx. This is determined on an individual basis after Client Intake.

If you bruise easily, you may experience the possibility of temporary bruising with some of the palpations.

Some people can feel soreness a day or two later, which can be normal.

Some people experience muscular pain and tightness moving around to other areas of the body.

If bruising or soreness is excessive and you experience unmanageable pain in other areas of your body, please call me immediately as it may signal an underlying problem. The Studio number is 732.502.0100 or my email chris@core-restore.com.

Client Signature: _____

Date: _____