

## Jace Dexter

### Which issues lead you to try MAT?

1. Pain wrapped around the entire right hip in the front of the thigh and to the rear SI joint. My hip would always click. I could not walk or run properly without discomfort. When i played sports I always hurt and was very slow

### How do you feel MAT has helped you?

2. I noticed the clicking stopped in my hip and I could run a lot better and without pain. I felt more natural in my walking. What surprised me about the treatment was for the first time I felt like I knew how to walk properly without forcing anything.

### How did you hear about MAT?

3. My dad told me about it. He told me it was amazing for bringing about healing.

### What would you tell people to expect from an MAT session?

4. I would say it doesn't hurt it just feels weird and you will notice a difference if you go

### Would you recommend Stewart as an MAT practitioner to your friends, family or co-workers? If so, why?

5. Yes I would recommend Stewart because he can actually help you and MAT does something to make change

### Any final thoughts?

6. No final thoughts, just grateful and I want to go back again since my ankles are acting up