

Endorsement of MAT (Muscle Activation Technique)

Client: Duncan C

Purpose: I wanted to share my experience with others regarding MAT and hopefully this explanation of my history with MAT will help someone struggling with a muscular ache or discomfort to give the MAT process a try.

Problem Statement: I was suffering from an extremely inflexible shoulder and had difficulty with many tasks ranging from general yard work, golfing or even sleeping on that shoulder (it was fiddle string tight and achy).

The on-going massage appointments helped but relief was short term and this started to get expensive, it did respond to Advil or Tylenol but again it was not a long term fix.

As most people would do I started to ask around as to what techniques are being applied to this type of shoulder symptoms and feedback was “ well have you tried MAT (Muscle Activation Technique) my curiosity was arrived at the MAT treatment explanation so I decided to give it a try.

Solution: I scheduled an appointment with Stu Barcelo and he was very accommodating regarding a time for us to meet for consultation.

Stu did a thorough review at the consultation as to activities I have done recently and historically and timing on when symptoms started to show up and how I have been dealing with them over time. Stu did a lot of different physical tests and these tests plus an understanding of my past activities helped determine that my injury was likely a result from martial arts training over the years and the injury started to flare up following some heavy lifting activity (moving appliances / furniture)

I started treatment with Stu for a period of 1 hour per week and he had some very specific stretches and exercises we did together and I did between sessions, the interesting thing was that I was noticing better mobility each visit time without encountering any type of uncomfortable pain while doing the prescribed stretches and techniques.

The number of MAT sessions I undertook to mend my shoulder were approximately 5 visits and it then got to a comfort point and I decided to keep doing these rotational stretches daily and if things started to flare up again I would reschedule to see Stu and correct any setbacks encountered.

The technique or procedures associated with a MAT treatment is not aggressive or forceful it actually is more of an exercise in identifying where the tight – stubborn injury is and Stu would work (applying rotational movements and pressure) on different parts of your body to see which area is causing the root cause injury to not let go, my description is that it was like a cocoon formed around the hurt area for protection and MAT techniques removed the cocoon and let the body heal itself through better blood flood and intentional man-made stimulation .

Summary: MAT- Muscle Activation Technique was a good experience and I am glad to have had a trained practitioner Stu Barcelo available to help correct my injury so I could once again get feeling normal and not have to deal with the shoulder discomfort on daily basis.

I would definitely recommend Stu to anyone dealing with sore, strained, fatigued or injured muscles and the treatment process is nothing to fear in-regards to pain or discomfort.

My wife encountered shoulder issues and she found the treatment procedure provided to her by Stu Barcelo to be very effective.