

Nicola F

1. Issues that lead to trying MAT:

I had on-going neck and shoulder pain from an old injury. Symptoms included numbness and pain radiating down my right arm, loss of strength in my arm and hand & sometimes limited mobility in my neck making it difficult to turn my head. This affected my ability to drive at times with not being able to turn my head to shoulder-check or just holding the steering wheel would sometimes cause numbness & pain in my right arm. It also affected my ability to exercise & I had to avoid certain exercises as it caused pain or weakness.

2. How MAT has helped:

My neck & shoulder pain is virtually gone. I have the odd symptom from time to time, but what works best for me is doing MAT a few times per month to remain pain-free. MAT definitely exceeded my expectations over other therapies I've tried in the past. With other treatments I've tried in the past, I would find some relief but it was usually short-term & sometimes aggravated my symptoms. With MAT, I've never had a treatment that made my symptoms worse. It addresses the issue rather than just being a band-aid solution of relieving the pain but not figuring out what is causing the pain. What I found surprising about MAT is that it is non-invasive & very comfortable.

3. How did I hear about MAT:

I started seeing Stewart for MAT shortly after I started training with him. I decided to try MAT simply because other treatments weren't helping.

4. What to expect from an MAT session:

Hmm... be ready to flip! Just kidding...

MAT uses gentle pressure & helps find the cause of the pain. No soreness or pain after a treatment.

5. Recommend Stewart:

I absolutely would recommend Stewart. He is highly knowledgeable, explains things easily & is great to work with.