

Muscle Activation Techniques

What Can It Do For Me?



By Jill Wheeler

Jennifer Gerali, of Pilates, Fitness & Therapeutics, Inc., specializes in Pilates, Personal Training, Muscle Activation Techniques and Nutritional Counseling. When combined, these interventions and approaches to training the body produce long-lasting strength, balance, body awareness and wellness. Muscle Activation Techniques is a specialty approach to the body that provides a great deal of information to the practitioner about what parts of the body need more attention than others.

Muscle Activation Techniques (MAT) specialists are qualified to identify and treat biomechanical imbalances that relate to pain or injury. MAT founder, Greg Roskopf, views “muscle tightness as a form of protection in the body.” He believes that “weak or inhibited muscles can create the need for other muscles to tighten up in order to help stabilize the joints.” According to Roskopf, “MAT gets to the root of the pain or injury by addressing muscle weakness rather than muscle tightness. This helps to restore normal body alignment, thereby decreasing pain and reducing the risk of injury.”

This type of biomechanical testing is a systematic and scientifically recognized modality that incorporates knowledge of muscle physiology and neurological functioning. *Understanding these elements, a practitioner can assess and evaluate areas with chronic pain, muscular imbalances, immobility, weakness and fatigue.* The approach used in MAT incorporates an evaluation of range of motion followed by isometric strengthening techniques to correct muscle dysfunction while simultaneously increasing and restoring functional use. MAT is used to eliminate constriction and skeleto-muscular pain due to unhealthy compensation patterns and/or injury. Jennifer has worked with various types of athletes, including golfers and tennis players looking to increase flexibility, strength, and mobility. MAT allows everyone the opportunity to increase multi-directional movement by reducing body pain; ultimately improving performance and longevity.

As an avid Pilates student, I initially did not want to focus on other techniques or interventions that Jennifer offered. I wanted my routine work-out on the reformer and the Cadillac. But recently, Jennifer, concerned about my recurring and chronic right foot

and knee pain, urged me to try MAT. I am embarrassed to say I couldn't believe how imbalanced I was and how terribly weak on one side. Finally understanding what was holding me back for so long was great! These techniques are fascinating and, most importantly informative and restorative. Although I feel strong and fit, I have recurring injuries due to considerable lack of muscle stimulation and engagement. I suffered repeated injury to muscles, tendons and ligaments due to nearby fatigued and weakened muscles that were not functioning properly. After numerous chiropractic, medical and physical therapy appointments, it was my MAT sessions with Jennifer that finally shed the light on the source of my physical distress. Knowing is indeed half the battle; for me Pilates and fitness training is the road to victory.

Jennifer's studio provides the best of both worlds, as a Certified Muscle Activation Jumpstart therapist she can assess and evaluate your body's overall functioning, and

as an exemplary Certified Personal Trainer and Stott Pilates Instructor, she can train and strengthen your body and assist you in meeting all of your fitness and wellness goals. As an additional benefit, I appreciate that Jennifer shares with me, her client, the knowledge she possesses. She explains what is working and what is not in clear and professional terms. I have learned terminology for muscles, ligaments and tendons and how they are supposed to work and feel. The more I learn, the more I am motivated to get better – I now know that it is possible. The more I learn how I should be moving and feeling, the more I am moving towards a stronger, healthy, more balanced me.

To activate your muscles and renew your strength and balance, contact Jennifer Gerali at Pilates, Fitness & Therapeutics, Inc. World-class fitness and wellness instruction in a state-of-the-art studio.

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