

INFORMED CONSENT TO EVALUATION AND TREATMENT

PATIENT NAME: _____

Please read this entire document prior to signing it. It is important that you understand the information contained in this document. Please ask questions before you sign, if there is anything that is not clear.

The nature of Muscle Activation Techniques treatment:

Flexibility is a derivative of strength.

Muscle tightness is secondary to muscle weakness.

- A limitation in motion is an indicator that one or more of the muscles that cross that axis cannot contract efficiently.
- When a muscle, or group of muscles, cannot contract efficiently it means that they cannot shorten effectively.
- Inability of muscles to effectively shorten means the muscles on the opposite side of the axis cannot fully lengthen. This inefficiency in muscle contraction is expressed as muscle tightness.
- Whenever you see a limitation in motion (muscle tightness), it is an indicator that one or more of the muscles on the opposite side of the axis cannot contract efficiently (muscle weakness).

MAT assesses range of motion (ROM) in order to determine which muscles are potentially weak.

What is MAT? A very specific, non-medical process with a narrow application to the assessment, improvement and maintenance of a targeted aspect of human motor control: Muscle contractile efficiency!

All of the muscles in the human body have their own communication network to the brain - alpha gamma coactivation. In layman's terms, each muscle has it's own set of "battery cables" that communicate with the brain. When the battery cables are loose or disconnected, the muscles cannot contract efficiently causing the body to compensate. Pain is the "check engine light". If the compensation is not corrected, joints become unstable causing inflammation, cartilage tears, bulging and herniated disks, pain in the joints, and the list goes on and on. MAT addresses each muscle and reconnects the "battery cables" so that the brain and the muscles can communicate again.

As a system, it is a unique process that fits within the general exercise training models. MAT is beneficial to athletes, non-athletes, geriatric, pediatric, coordinated, and uncoordinated.

What to expect from a MAT assessment and treatment session:

- Range of motion assessments
- Specific muscle testing
- Application: palpation of the ends of the muscles being treated, where they connect to the bones. Muscles that are not working are usually tender to the touch. Patients may experience tenderness or a burning sensation as the nerve endings are agitated. Palpations are similar to a deep tissue massage.
- As with a massage, there may be some tenderness to the application sites as well as muscle soreness. This is normal and should subside in a few days.
- Since the muscles are working again, you may have some soreness from exercise. This is also normal.

CONSENT TO TREATMENT (MINOR)

I hereby request and authorize the consulting MAT Specialist to perform diagnostic tests and render MAT treatments to my minor son/daughter,

As of this date, I have the legal right to select and authorize healthcare services for the minor child named above. If applicable, under the terms and conditions of a divorce, separation or other legal authorizations, the consent of a spouse/former spouse or other parent is not required. If my authority to so select and authorize this care should be revoked or modified in any way, I will immediately notify this office.

DO NOT SIGN UNTIL YOU HAVE READ AND UNDERSTAND THE ABOVE

I have **read** or have **had read** to me the above explanation of the MAT treatment. I have had the opportunity to discuss it with the consulting specialist and have had my questions (if any) answered to my satisfaction. By signing below, I state that I have weighed the risks involved in undergoing treatment and have myself decided that it is in my best interest to undergo the treatment recommended. Having been informed of the benefits and results, I hereby give my consent to that treatment.

DATE _____



Printed Name

Signature

Signature of Parent or Guardian (if a minor)

MAT Specialist Signature