

## What is the average length of Muscle Activation Techniques treatment?

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<http://www.nmti.org/user/Length.of.MAT.treatment.pdf>

This question was recently studied at The Neuromuscular Training Institute. Case studies were examined to determine effectiveness of treatment versus length of treatment. Several variables such as frequency of treatment, original diagnosis (depth of problems) and compliance toward a home exercise program (if any) were analyzed. Thirty four (34) clients were reviewed by questionnaire, 30 responded. All (100%) of the respondents reported a subjective feeling of improvement. All of these clients were also able to objectively show an increase in performance. For their subjective measurements, clients were asked to rate their current level of joint discomfort while performing exercise. Subjects used a 0-5 scale (0 represents no discomfort, 5 represents un-tolerable pain).

Objectively, clients were asked to document a significant *measurable* increase in physical performance post treatment. Physical performance could include an increase in resistance used during training or an increase in intensity or duration while doing cardiovascular exercise. Some clients even reported an increase in frequency of exercise.

Most subjects (90%) reported being satisfied with the MAT treatment experience. Those that did not mentioned that "session cost" and "down time" were a negative factor.

As predicted, clients that had the best results also attended treatment the most. Clients in this category attended sessions an average of two times per week. The most successful clients also participated in treatment for the greatest length of time. The average number of treatments among the 30 respondents was 7.86. A small number still participated weekly for maintenance. Four of the continuing clients required MAT prior to every Personal Training session for at least 15 minutes. Not surprisingly, these clients also began with the greatest amount of problems and had suffered from symptoms for more than 10 years.

There were some practical conclusions that could be drawn from this brief review:

There is a direct relationship between the number of pre-treatment problems (range of motion limitations and isolated muscle weaknesses) and the total amount of treatments that will be needed.

There is a direct relationship between the time a client has suffered with a problem and the number of treatments needed to remedy the situation.

There is an inverse relationship between the frequency of treatments (number of times per week) and time to completion of treatment. Additionally, more treatments per week resulted in fewer cumulative treatments.

There is a direct relationship between compliance with home exercises (graded intensity isometrics, etc.) and ultimate success.

Muscle Activation Techniques can be a cost effective alternative to many forms of treatment, provided it is given time to work.