

## Why choose Myoskeletal Alignment Therapy (MAT) over other types of therapy?




Over the past several years researchers have agreed that Manual Therapy is one of the fastest growing industries. Touch therapies (including neuromuscular, structural integration, and stretching) have proven to work on relieving chronic pain in patients. People with back pain have seen a significant improvement after receiving MAT. Thanks to more pain relief research and hard-working massage therapists, they have discovered more reliable and long-lasting ways to conquer pain for their patients. MAT can help with head pain, neck cricks, rotator cuff injuries, carpal tunnel, scoliosis, lumbago, sciatica, and visceral problems, among other body issues. By receiving MAT you can increase your flexibility, improve your posture, and decrease pain throughout your body. The reason why MAT works better than other forms of therapy is because it breaks the pain cycles and spasms by combining muscle balancing routines with unique joint-capsule maneuvers.

**Vladimir Janda**

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*"When stressed, some muscles become tight and facilitated and others become weak and inhibited."*

He named these predictable patterns **Upper and Lower Crossed Syndromes** and highlighted the effects of muscle imbalance on movement patterns.



Vladimir Janda  
1928 - 2002

**Janda's Upper & Lower Crossed Syndrome**




A = Tight Line  
B = Weak Line

*Janda found that joint mobility deficits of the pelvis, hip, knee, and foot can all influence spine function.*

**Flexion Addiction**

*Janda's upper and lower crossed syndrome pattern has been shown to be predictable in a flexion-addicted society.*



### Today's Myoskeletal bodywork professional will learn:

- ✓ How to assess and correct muscle imbalance patterns using Dr. Vladimir Janda's upper and lower crossed syndromes
- ✓ How to safely integrate Golgi tendon, ligament friction, facet recoil, assisted stretching, and muscle spindle techniques
- ✓ How to correct forward head postures,

Dowager's Humps, SI Pain, scoliosis

- ✓ How to treat dural-drag at the occiput, C2 and coccyx
- ✓ How to break neurological pain cycles with special Myoskeletal Receptor Techniques
- ✓ How to integrate practice-building joint-stretching and functional movement routines
- ✓ How to evolve your clients to a new state of health... **the Myoskeletal way!**