

The new wave in massage therapy M.A.T.



Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from my office. We spend a lot of time working on this publication. I'm sure you will enjoy it. It contains much of the same information my patients pay \$57 for in consultation at my office. So please if you can't use it pass it on to someone who can.

Journal of Rapid Pain Relief

Muscle Alignment Technique or MAT as it is known, was developed by Dr. Erik Dalton, of Oklahoma. Dr. Dalton combined concepts of Ida Rolf, the developer of Rolfing, with the muscle synergy concepts of Vladamir Janda, the great Czech physical medicine specialist and osteopathic techniques of muscle energy treatments. There are several things that make Muscle Alignment Technique different from most other massage or soft tissue techniques. For you to understand how MAT differs from most other soft tissue therapies you need to first understand how muscles work. Simply stated, muscles work by shortening, when they are activated. This is called **concentric** muscle contraction. In fact there really is no mechanism by which a muscle can lengthen itself. For a muscle to lengthen, an opposing muscle (or therapist) must pull it in the opposite direction (figure 1). Because a muscle can only directly shorten, the nervous system must monitor its length and constantly adjust the amount of tension within our muscles. Otherwise our muscles would sag and hang in response to gravity. Muscles have another important function, they hold our skeleton up against gravity. To do this they must contract (shorten) in a highly coordinated and synchronized way. Dr. Janda identified patterns of this synchronized muscle activity and showed that when posture was abnormal, muscles patterns became abnormal. Ida Rolf, would treat muscles not to relieve pain and tightness but rather to restore normal patterns of muscle activation. She believed if you

restored normal muscle synergy, you would remove the stimulus that caused muscle pain, tightness and dysfunction. The question then became, how could the nervous system be influenced so it would not keep re-setting the muscles into their abnormal patterns? That is where the osteopathic muscle energy techniques come into play. As we discussed earlier, when muscles contract they shorten. When they chronically contract, the nervous system keeps resetting them into a shorter and shorter resting state. For the patient, that means tighter and tighter muscles and muscle pain and tenderness. Regular massage therapy can temporarily relax the muscles, but the abnormal posture and abnormal nervous system activity keeps the muscles reverting to their taunt painful state. The osteopathic techniques do something very unique in the field of soft tissue work. They elongate the muscles while they are contracting. Exactly opposite of what is usual muscle physiology. A process known as **eccentric** muscle contraction. It is believed that eccentric contraction influences the nervous system and prevents the nervous system from resetting muscles back into their chronically tight and painful resting state. Dr. Dalton took these concepts one step further. He applied them to Dr. Janda's muscle synergy patterns. A new science of Muscle Alignment Technique was born. What makes muscle alignment technique so remarkable is the speed at which the muscles can be re-programmed, the long lasting results and the fact that visible changes in posture are often evident in patients treated with MAT methods. **MAT is the next generation soft tissue therapy.**

This issue: *Alternative Medicine Info About Muscle Alignment Technique*

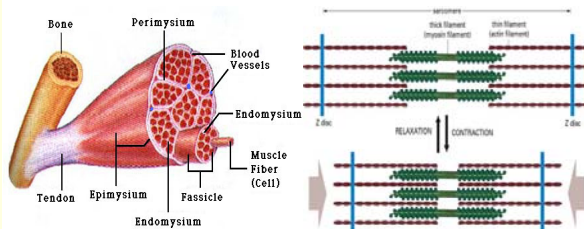
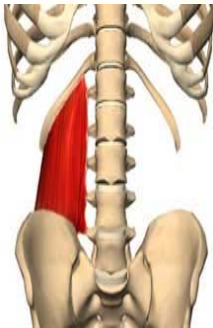


Figure One (left) shows the architecture of muscle tissues. When muscle is activated, it shortens (above right). Muscle really has no inherent ability to lengthen itself. Chronically activated muscle tissue will continually become shorter and shorter. A process known as muscle contracture.

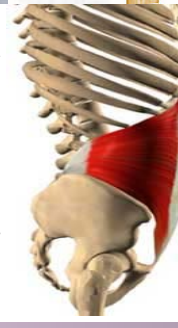
Special points of interest:

- **Muscles have no ability to lengthen themselves**
- **Shortened muscles can be demonstrated as abnormal posture**
- **Abnormal posture leads to headaches, neck and back pain..**

Poor posture doesn't cause muscle imbalance. Muscle imbalance leads to poor posture: How do you measure up?



The guy wires on a bridge add strength and stability and help the structure resist the forces of gravity. Muscles like the **Psoas** (above left), the **Piriformis** (above right), the **Quadratus Lumborum** (left) and **External Obliques** (right) work exactly like the guy wires on a bridge. When these muscle become unbalanced problems will occur. MAT technique helps to balance these muscular guy wires.



By combining Muscle Alignment Techniques with Spinal Correction Techniques we are able to produce visible changes in posture in a very short time. Often some structural change occurs within 7-10 days. Changes that can be seen and felt. With the muscles and spine balanced you are better able to work, play and enjoy life. Stress and strain is reduced on the joints, discs and muscles. Dr. Dalton's MAT system has been an incredible addition to our system of chiropractic spinal correction. Together they offer the possibility of fast correction of postural abnormalities, with long term relief of tight muscles, stress, headaches, lower back pain and other common painful conditions. If you would like us to check you for imbalanced muscles and distorted posture call today for an appointment. ~ Dr. Kukurin.

Modern Methods of an Ancient Wonder

All you need to determine if you have upper crossed syndrome or lower crossed syndrome is a mirror



If you would like to discuss muscle alignment technique or spinal correction or a painful condition you'd like to try and correct, Dr. Kukurin has a very special program called ask the doctor. The Ask-the-Doctor program allows for you to consult with Dr. Kukurin right over the phone at no charge. So call him today. 412.381.4453

Muscle Alignment Technique is a major advance over massage therapy



Muscle imbalances of the muscles supporting the neck lead to what is known as the upper crossed syndrome. (left). It can be identified as head forward posture. Do you see it in your own posture or someone you know? It's quite common. And can lead to headaches, neck pain, shoulder pain, mid-back pain and a feeling of tight and tense muscles. Imbalance of the lower body muscles lead to the lower crossed syndrome (right). The lower crossed syndrome can be identified as a sway-back. It can lead to lower back pain, sciatica and even pain in the hips, knees or ankles.



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