



## Client Waiver

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

Moore Movement, LLC utilizes Muscle Activation Techniques™ (MAT), a bodywork technique using a systematic approach to identifying and treating muscular imbalances that relate to injury. The focus of the evaluation procedure is based upon the understanding that the body will protect itself when it recognizes instability. Therefore, muscles will tighten up as a protective measure when instability is recognized.

MAT addresses the components of muscle weakness as a cause for limitations in joint range of motion. When muscles are weak and/or have lost proprioceptive input, then the joint that it supports becomes unstable. This instability must be identified and addressed. The MAT techniques are designed to identify and correct the positions of instability. When performed in this manner, the natural protective mechanisms are diminished and normal joint motion occurs. The end result is that we are not only increasing joint motion, but we are also making sure that there is increased stability through that range of motion (Mobility and Stability).

The undersigned understands and agrees that during the visit he/she is not receiving physical therapy or chiropractic work. It is understood that Muscle Activation Techniques™ is the only practice employed in this session.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Practitioner Signature

\_\_\_\_\_  
Date