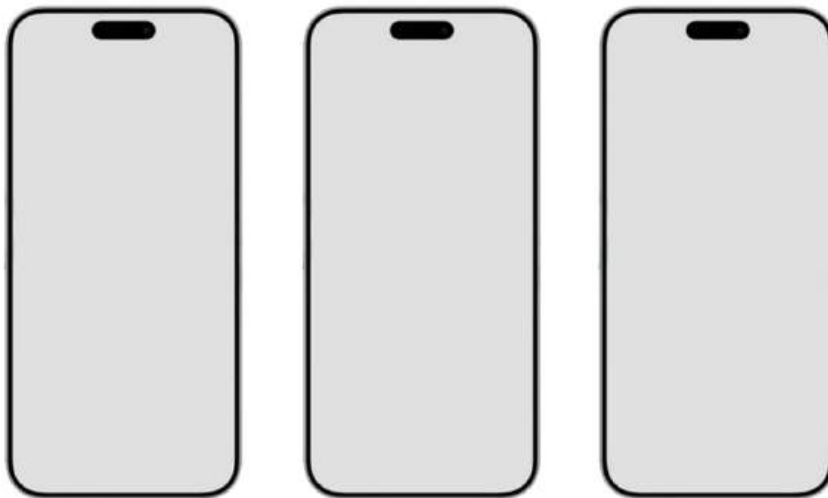


# Specialist Lower Body Certification Course Overview

You will first learn the foundational principles of the MAT process, taught by Greg Roskopf. This segment of courses includes intensive lectures on human mechanics, the intricacies of the nervous system, and more - all the while advancing your comprehension of the importance of muscle function.



The MAT Lower Body Certification Course gives you the ability to develop a deeper understanding of the relationship between specific muscle functions and joint stability within the lower body. The course will educate you on our revolutionary hands-on modality that was developed to create optimal motion in your clients by activating muscles that are not contracting efficiently and likely causing your client discomfort and muscle tightness.

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Beyond mastering the ability to properly assess a client's neuromuscular system at the granular level, we teach you our proprietary muscle testing procedure (AMC&S®) that confirms where a client has neuromuscular weaknesses and therefore which specific muscles need to be addressed.

## Course Listing

Foundations of MAT

Human Mechanics 101

MAT Checks and Balances

The Nervous System

Muscle Function

Introduction to Lower Body

Hip Muscle Function 1

Hip Muscle Function 2

Hip Muscle Function 3

Knee Muscle Function 1

Knee Muscle Function 2

Knee Muscle Function 3

Foot Muscle Function 1

Foot Muscle Function 2

Foot Muscle Function 3

### CERTIFICATION COURSE INCLUDES

- FOUNDATIONS OF MAT® PRINCIPLES
- MAT® TREATMENT PROCESS FOR MUSCLES IN THE HIP, KNEE, & FOOT
- LOWER BODY REVIEW & IN-PERSON EXAM
- INSTRUCTOR COURSEWORK REVIEW AND FEEDBACK
- 100+ PROPRIETARY STEP-BY-STEP, MULTI-ANGLED VIDEOS
- EXCLUSIVE LOWER BODY PARTICIPANT FORUM
- ACCESS CONTENT VIA THE WEB, IOS, AND/OR ANDROID APP

Finally, you will learn how to put the process together in the Lower Body Review, which includes medical interventions, common injuries, how to pull together a treatment session for a client, and more.

**Please Note:** Coursework, beyond the Foundations of MAT content, will be released weekly over a span of 12 weeks allowing you to study and practice the new content weekly while giving you the time to master each set of concepts.

## Content Overview

### • Introduction To MAT CAM® Assessment

- Evaluate range of motion to identify biomechanical imbalances using the Comparative Assessment Mobility Evaluation (CAM) procedure.

### • Learn How To Apply Our AMC&S® Techniques

- Correlate range of motion limitations to potential muscle weakness through application of the isolated muscle strength test (AMC&S).

### • Learn How To Administer Specific DFAMATs®

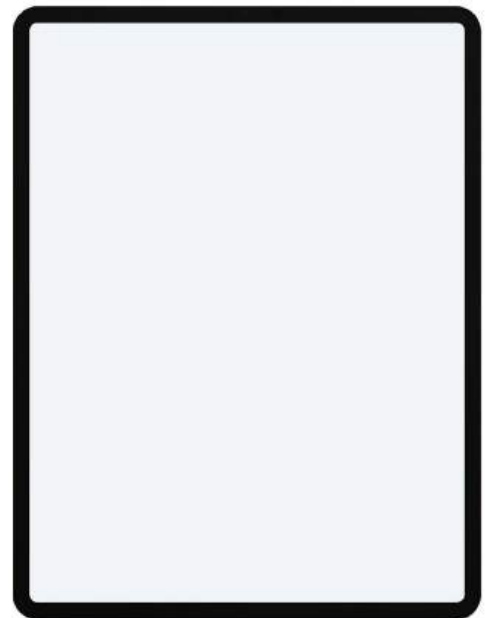
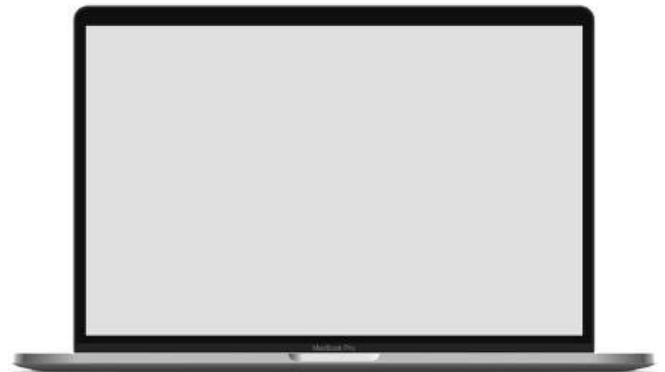
- Apply specific palpation techniques designed to improve neural integrity of inhibited muscles using our Digital Force Application of Muscle Attachment Tissue treatment process (DFAMAT).

### • Learn How To Master PICs®

- Learn how to use the Corrective Positional Iso-angular Contractions (PIC) process for hip as an alternative form of stimulation to activate position of weakness.

### • Have The Tools To Confirm

- Confirm the technique did increase the neural integrity of the muscle by using the AMC&S test to evaluate the results.



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