

## MUSCLE ACTIVATION TECHNIQUES

Presented by: Stephen De Souza , a young, enthusiastic, professional and certified MAT specialist; Email: [stevekd Souza@gmail.com](mailto:stevekd Souza@gmail.com) Website: [stephendesouza.com](http://stephendesouza.com)

TEGSA organized this unique wellness presentation on Friday January 27<sup>th</sup>. 2017, for about 100 participants. Most of us, being seniors, with a variety of aches and pains, are familiar with Physiotherapy, Massages and Chiropractors. However, we were curious to know about Muscle activation techniques. At this **“Golden”** stage of our lives, any helpful ideas, to improve and optimize the quality of life, are more than welcome.

Stephen referred to himself as “Mechanic for the human body”. We were all ears to hear about this rather different, form of therapy that focuses on the root cause of the painful muscles rather than the pain itself. We were made to understand that overcompensation is the human way to ease pain. Not necessarily the best way. That only strains, tightens and stresses the muscle even further. Muscle activation techniques assess and analyze weakened muscles and then treat them to provide freedom in motion and good communication between the brain and the weakened muscles.

We were gently reprimanded for blaming **“Old age”** as the culprit for our pain. Logic dictates that active living makes for wear and tear. We don’t have to accept and live with pain, if we can help it. Stephen offered us another option, like Muscle activation techniques, to restore optimal function of the muscular system. Unfortunately, as yet, this treatment is not covered by OHIP and most private health insurances. However, one of the lucky ladies at the event, Lily Menezes, was the winner of two free sessions at the clinic. We are waiting to hear, first- hand, about her experience.

By Maureen D’Mello