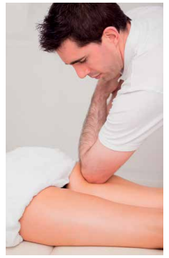
How the MMT works – using gravity and bodyweight

The reason the MMT works so well is that it uses a material science concept called 'Creep'. Creep describes a process where a material has a concentrated force or pressure applied to it over time and that material yields to that force.

The MMT has a radius of 25mm - designed to deliver pressure where it's needed - to unlock the blockages that injuries or strains have caused. The radius of the MMT is the same as your elbow.



As you probably know, therapists often use their elbow to manipulate and loosen muscle fascia, which when contracted, constrains the muscle and blood flow, impeding recovery. Initially that pressure treatment may well increase the pain, but as the pressure continues to be applied (over several sessions) the dysfunctional limb, joint or muscle usually recovers and the pain melts away. The MMT works on the same principle.

You can think of the MMT as *"Your 24/7 therapist elbow"* because it allows you to let gravity and your bodyweight take the place of a 'live' therapist.

The MMT will improve your flexibility and reduce pain if used correctly

This tool and instructions for use have been created by Award-winning Australian designer and registered Physiotherapist (Physical Therapist), Peter Gregory.

"Painful muscles and joints will benefit using a combination of pressure and time. Patients report that improvements can often be felt within the first week of use. You will achieve maximum benefits with daily use and by following these instructions carefully."

INSTRUCTIONS FOR USE

Getting Started with the MMT

1. It is recommended that you take a **hot bath or apply a hot pack** to the affected area before you begin using the MMT. Warm muscles stretch and give way more easily and this will greatly improve the tool's effectiveness.

2. Lay the muscle or joint onto the MMT. Start by using the tool's **short option** (as shown to the right), which exerts less pressure than the tall option (which you can progress to later). Rate the pain you feel while using the tool from 1 to 10 (with 1 being the least pain and 10 being the greatest). Your pain when resting on the tool should not be more than 4-5.

SHORT OPTION

TALL OPTION

3. If your pain is greater than 5, **place a towel or a cushion over the tool**, or on either side of it, to reduce the amount of pressure, which should reduce the pain to a level of 5 or below. (There are specific instructions for various muscles and joints over the page).

4. When you feel the position of the tool is in the correct/central point where you feel tightness and pain, you can spend 30 minutes or more resting on that same spot (watching TV or reading) until the tool melts deeply into the muscle or joint and releases that trigger point and muscle fascia.

5. The pain should begin to decrease within the first couple of minutes and continue to reduce as time goes on. If you notice no improvement within about five minutes, the muscle or joint may be too inflamed and may require the application of an ice pack. Try again later.

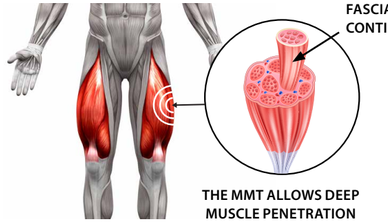
6. Always stretch the muscle **before and after** using the MMT, noticing if there is any increase in range of movement afterwards.

The MMT is very safe, but remember these simple points while using it

- Just use your body weight, **don't try to push your joint or muscle** hard into the MMT
- If you feel numbness; pins and needles or cooling of a limb, then you have the MMT in the wrong spot. This can occur around the buttocks in the piriformis/glute area and also in the pectoral area of the chest. **Stop and move the MMT** to an adjacent spot – you may need to experiment a little to get the **right pressure in the right place**.
- When using the tool in a new position, only use it for a minute or so to gauge the feel of it. If it increases your pain for longer than a few minutes, place a cushion or towel on top of, or either side of the tool.
- If there is no increase in pain after a few minutes, **gradually increase the amount of time spent using it**.
- You should become accustomed to the pressure relatively quickly. The way to progress the procedure is to **use the tool in the tall option** which will increase the pressure the MMT exerts and its efficiency.
- Start this use (the tall option) for only a few minutes to ensure there is no extended increase in pain.

A note about Sideways Stretching

One of the important benefits of the MMT (unlike foam rollers, for example) is that it can be used to stretch muscles sideways, instead of lengthways (the conventional way). Sideways stretching is very effective in releasing adhesions and the fascial sheath continuum which surrounds all muscles and 'sticks' them to each other. Sideways stretching is particularly effective for muscles such as the Quads, Calf, Groin and Hamstrings.



THE MMT ALLOWS DEEP MUSCLE PENETRATION

What success feels like

Over time, you should feel your range of movement increase and your pain decrease. These improvements may not happen simultaneously; it may be that you find you have increased flexibility and you are able to do more because your range of movement is better. It may be that your pain levels have not markedly changed over the same period, but better movement is still an improvement. The opposite is also possible – your pain may decrease but your range of movement may still be limited. Either way, these improvements are an indication that you are on the right track. Keep going! You'll get there eventually.

The rate and speed of improvement will vary from person to person, depending how long the problem has been occurring. The longer you have had the stiffness or tightness, the longer it will take for the MMT to work. The constricted fascia that is causing the pain is very strong. If your tissues are very tight it may take some time for those tissues to soften. The body takes its own time and you may need to be patient and not rush the process. Try to remember that any positive improvement is better than leaving those muscle trigger points untreated, prolonging your pain.

Make sure you pay attention to small improvements in pain or movement over time and remember that stretching the muscle or joint before and after using the MMT will rapidly increase your progress as will consistent (daily) use of the tool.

Use the MMT to prevent pain and stiffness

If you are an athlete, sportsperson or gym-goer and you know you have a tendency to 'stiffen up' or experience pain in particular parts of your body after activity, you can use the MMT before you start your workout or game to help prevent pain and tightness. Do your stretches, then spend a little time with the tool on the muscle, joint or area that usually causes you problems. Your goal should be to find spots that tend to be tense and sore, so you can soften them up before you start your physical activity.

Follow the specific instructions overleaf for particular joints and muscles – and make the most of your MMT.

MobilizationMagic.com

How to use your Mobilization Magic Tool (MMT)

Neck and Shoulders

Shoulder 1

Begin by lying comfortably on your back on the floor

Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle. Do not push down.

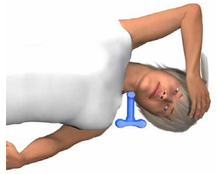
Shoulder 2

Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle.

Neck 1

Once you are comfortable with the above method you may feel you want to increase the pressure further. Place your other leg on top to increase the overall pressure onto the tool.

Neck 2



Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle.

Caution: The tool can produce a lot of force, your neck is a delicate structure and can be injured if you push, only use the weight of your arm do not push.

Arms

Bicep

Your text to go here....Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle. Do not push down.

Tricep

Your text to go here....Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle. Do not push down.

Elbow 1

Your text to go here....Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle. Do not push down.

Elbow 2

Your text to go here....Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle. Do not push down.

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Spine and Hips

Spine

Your text to go here....Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle. Do not push down.

Hips

Your text to go here....Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle. Do not push down.

Glutei

Your text to go here....Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle. Do not push down.

Piriformis

Your text to go here....Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle. Do not push down.

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Legs

Hamstrings

Your text to go here....Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle. Do not push down.

Quadriceps

Your text to go here....Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle. Do not push down.

Calf

Your text to go here....Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle. Do not push down.

Shin

Your text to go here....Place your calf onto the 'tall tool' and relax onto it letting your body weight create pressure onto your muscle. Do not push down.

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Lay on the tool and let the magic begin™

MobilizationMagic.com

See our website at
www.mobilizationmagic.com
for instruction videos and more information.