

Joseph Robert Marso, MATRx, Muscle Activation Techniques Certified Master Specialist

Get to know Muscle Activation Techniques Certified Master Specialist, Joseph Robert Marso, who serves clients in Stuart, Florida.



New York City, New York Nov 6, 2023 ([Issuewire.com](https://www.issuewire.com)) - Joe is a Muscle Activation Techniques Certified Master Specialist at Upper Cervical Spine & Wellness Center in Stuart, Florida. He helps clients regain function and decrease pain by restoring proper communication to the muscular system and improving alignment.

What is Muscle Activation Techniques (MAT) and how does it work?

Many of the complaints that we associate with aging are within our control. Daily stress, trauma, and overuse create inflammation in the body which results in a less efficient muscular system. The communication between the nervous system and the muscular system can break down over time. This altered communication can lead to altered mechanics which can trigger symptoms related to muscle tightness and pain.

MAT is designed to re-establish the communication pathways between the nervous system and the muscular system in order to improve each muscles' ability to contract efficiently.

Joe has always been fascinated by how things work. As a test technician for Delco Systems Operations, he diagnosed and repaired highly sophisticated navigation equipment and F-16 Fire Control Computers. Joe is a native of Santa Barbara, CA and relocated to Stuart in 2010. He now practices Muscle Activation Techniques (MAT) on both coasts. As a recognized specialist in muscle anatomy and function, he has presented his work in Germany, Luxembourg, Spain, Bermuda and Mexico.

When asked about the source of his success, Joe attributes it to his unwavering passion for enhancing the well-being of his clients. His dedication to research, commitment to ongoing education, and genuine desire to make a positive impact are the driving forces behind his accomplishments.

Deeply committed to charitable and philanthropic initiatives, one of Joe's notable involvement is with Florida Aerial Dance & Circus Arts, LLC.

Learn More about Joseph Robert Marso:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/85019969-Joseph-Marso-Massage-Therapist> or through Upper Cervical Spine & Wellness Center, <http://www.uppercervicalstuart.com/practitioners>

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