



Peak Function: Frequently Asked Questions

1. What is Muscle Activation?

Muscle Activation is a specialized assessment and treatment process designed to identify muscles that are not functioning properly due to injury, overuse, inactivity, or compensation patterns. By restoring proper muscle function, the body can move more efficiently, reduce stress on joints, and improve overall performance.

2. Who can benefit from Muscle Activation?

Muscle Activation can benefit people of all ages and activity levels, including:

- Individuals experiencing chronic pain or stiffness
 - Athletes looking to improve performance
 - Weekend warriors
 - Active adults over 50
 - People recovering from injury
 - Individuals with muscle imbalances or movement limitations
 - Anyone wanting to move and feel better
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3. How is Muscle Activation different from massage or physical therapy?

Unlike massage, which focuses primarily on soft tissue relaxation, Muscle Activation identifies and restores communication between the nervous system and specific muscles that are not contracting effectively.

While physical therapy often focuses on rehabilitation after an injury, Muscle Activation works proactively to improve muscle function and movement quality, making it an excellent complement to physical therapy, chiropractic care, and personal training.

4. What happens during my first session?

Your initial session typically includes:

- A discussion of your health history and goals
- A movement assessment
- Range of motion testing
- Muscle function testing
- Hands-on muscle activation techniques
- Recommendations for exercises or follow-up care

Each session is individualized based on your specific needs.

5. Does Muscle Activation hurt?

No. Muscle Activation techniques are generally gentle and well tolerated. Some muscles may feel tender when tested if they have been underperforming for a long period of time, but treatment is not intended to be painful.

6. How many sessions will I need?

Every individual is different. Some clients notice improvements after just one session, while others with more complex movement issues or long-standing pain may benefit from multiple visits.

Your treatment plan will be based on your goals, history, and how your body responds.

7. What conditions can Muscle Activation help with?

Muscle Activation may help improve movement and function associated with:

- Neck and back discomfort
- Shoulder pain
- Hip pain
- Knee pain
- Foot and ankle issues
- Reduced flexibility
- Muscle tightness
- Balance and stability concerns
- Athletic performance limitations

While Muscle Activation is not a cure for medical conditions, restoring proper muscle function can often reduce unnecessary stress on the body.

8. Should I continue exercising after a session?

In most cases, yes. Many clients are encouraged to continue their normal exercise routine. Depending on your assessment, you may receive temporary modifications or specific exercises to reinforce the improvements made during your session.

9. What should I wear to my appointment?

Wear comfortable clothing that allows you to move freely. Athletic shorts, leggings, and a t-shirt are ideal. Since movement assessments are performed, clothing that allows access to the shoulders, hips, knees, and ankles is recommended.

10. How do I schedule an appointment?

Scheduling is easy! Simply contact us through our website, call our office, or book online. We'll help determine the appropriate appointment type and answer any questions you have before your first visit.

We look forward to helping you move better, feel stronger, and live with greater confidence.

Ready to Experience the Difference?

Whether you're dealing with pain, recovering from an injury, or simply looking to move more efficiently, Muscle Activation can help restore your body's natural function.

Book your assessment today and take the first step toward moving pain-free.