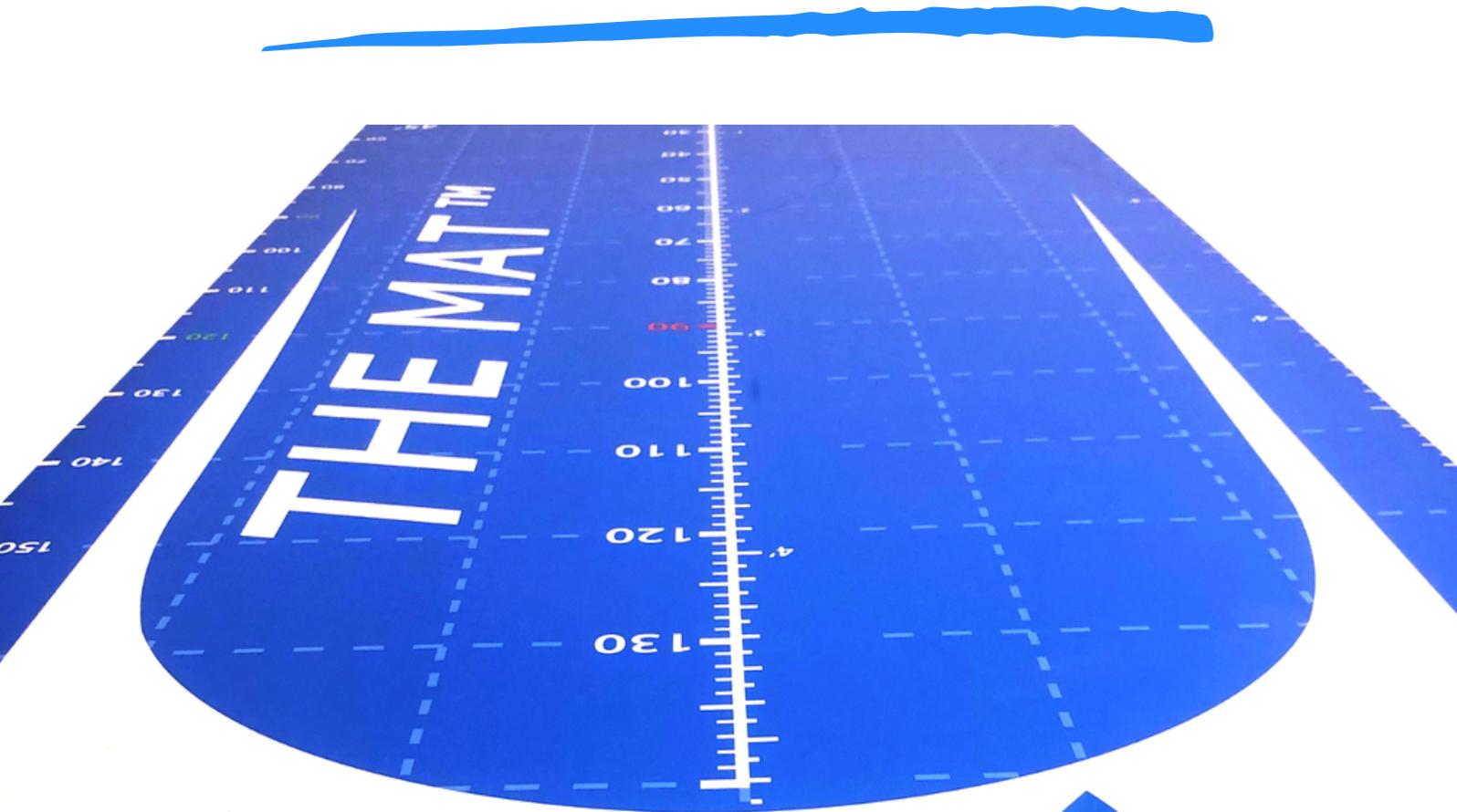




**"IF YOU'RE NOT MEASURING
WHEN ASSESSING....
YOU'RE GUESSING!"**





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Our goal is to help one million people reach their goals every day with the power of comprehensive assessment driven by data.



CIRQUE DU SOLEIL



ABOUT MAT

At MAT (Movement Assessment Technologies), we love MOVEMENT ASSESSMENT, the LATEST RESEARCH and OBJECTIVE DATA.

We love it so much that we've combined these three things together to bring you our world-leading courses and the world's number one Movement Assessment Tool - The MAT®.

Since our inception, MAT has run courses in over 25 countries, helping 10000+ health and fitness professionals from 15 different professions bridge the gap between pain and performance, improving their movement assessment, treatment and training skills.

Quickly we learnt that this struggle to bridge the gap was common to therapists and trainers all around the world. With Universities and higher education institutes often being very slow to implement the latest evidence and assessments into their curriculum, therapists and trainers are often left with out-of-date knowledge on how to best help their patients and clients.

MAT steps in to change this through cutting-edge courses and innovation with the MAT and other assessment and training tools, which are currently being integrated into research projects in seven Universities worldwide (that we know about).

We are proud to say that we are now the number one educational provider in the world for evidence-based, objective movement assessment and rehabilitation and getting closer to our goal of helping one million people every day through the people who study our courses and use our products.



Stephen King

Founder - MAT



The MAT + MAT Lite

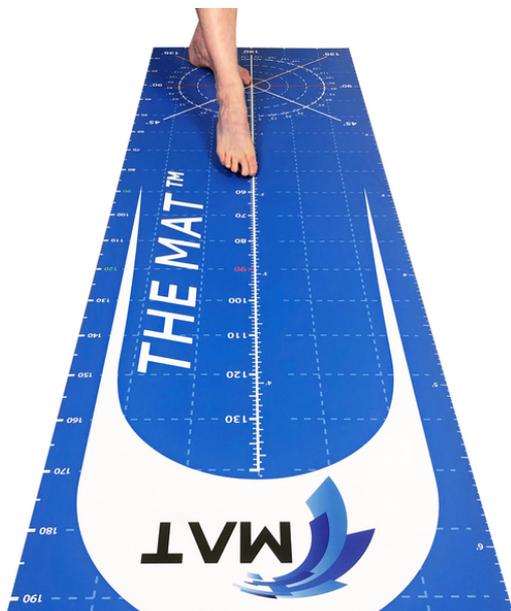


The World's #1 Movement Assessment Tool

The MAT® (Movement Assessment Tool™) was designed to help you improve your assessment by allowing you to quantitatively assess all three dimensions of any functional movement that your patients, clients and athletes need to perform to achieve their individual needs, wants and goals.

The MAT helps you move beyond traditional assessments by allowing movement to be assessed, as it should be, in upright tasks and functional movements using the latest evidence-based tests, including:

- Star Excursion Balance Test (SEBT)
- Y-Balance test (YBT)
- Weight Bearing Lunge Test (WBLT)
- Hop + Jump tests
- Squats tests
- Lunge tests
- Closed Kinetic Chain Upper Extremity Test (CKCUET)
- Upper Quarter Y-Balance Test (UQYBT)
- Star Excursion Sitting Test (SEST)
- Standing Long Lump
- and many, many more Functional Performance Tests





MegaMAT + MegaMAT Lite



360° Assessment For Health And Fitness Professionals.

The MegaMAT™ products were designed to help improve your assessment and training of your patients, clients and athletes.

With the MegaMAT you can perform all of the same game-changing assessments that you can with The MAT™, including:

- Star Excursion Balance Test (SEBT)
- Y-Balance test (YBT)
- Weight Bearing Lunge Test (WBLT)
- Hop + Jump tests
- Squats tests
- Lunge tests
- Closed Kinetic Chain Upper Extremity Test (CKCUET)
- Upper Quarter Y-Balance Test (UQYBT)
- Star Excursion Sitting Test (SEST)
- Standing Long Lump
- and many, many more Functional Performance Tests

The MegaMAT is not only an amazing assessment tool, but a unique training environment to enhance the way your clients move. It allows you to train your clients in all 3-dimensions, giving you endless movement and exercise prescription options.



MORE INFORMATION CAN BE FOUND AT www.matassessment.com/megamat





Hop MAT + Hop MAT Lite



Advanced Power Assessment For Your Athletes.

The Hop MAT™ is designed in particular with the Limb Symmetry Index hop tests in mind. The Limb Symmetry Index (LSI) is an excellent guide for health and fitness professionals to objectively determine discrepancies in your clients and athletes limb strength, function, and mobility.

There are many different variations of hop tests that can be performed quickly and easily with the Hop MAT, including:

- Anterior, medial, lateral and rotational single-hop tests
- Anterior, medial and lateral triple hop for distance test
- Triple crossover hop test
- 6-m timed hop test
- Standing broad jump
- And more hop-based functional performance tests

The Hop MAT is also designed to be utilised as a training tool to help you improve the movement skill of your clients and athletes.

Built into this clever assessment tool is an agility or speed ladder to perform 100's of different training drills to improve the speed, agility, flexibility, balance, strength and power of the people you work with.





RunScribe



Assess, Monitor, Rehab and Optimise Runners

The Power of RunScribe

RunScribe Gait Lab for Clinics, Coaches and Researchers

- ✓ **RealTime?**
Using the RunScribe mobile app, you can see all basic gait metrics (both running and walking) live.
- ✓ **Multiple Patients?**
With our Runners view, you can create and manage data for your patients.
- ✓ **In the Lab or In the Wild?**
RunScribe makes it easy to quickly collect data on a treadmill or send them out for a real road/trail run.
- ✓ **Data Export for Research Applications?**
Export options make it easy for your analysis, from per-step CSV to full 500Hz RawData IMU data.

Accuracy Matters

Over 1500 clinicians, coaches, gait labs (including many footwear brands), and academic researchers around the globe trust RunScribe to deliver consistent and accurate metrics.

We're committed to sharing our research and validation studies with our community.

TRUSTED BY
OVER
1500
CLINICIANS, COACHES &
GAIT LABS





MEASURZ APP



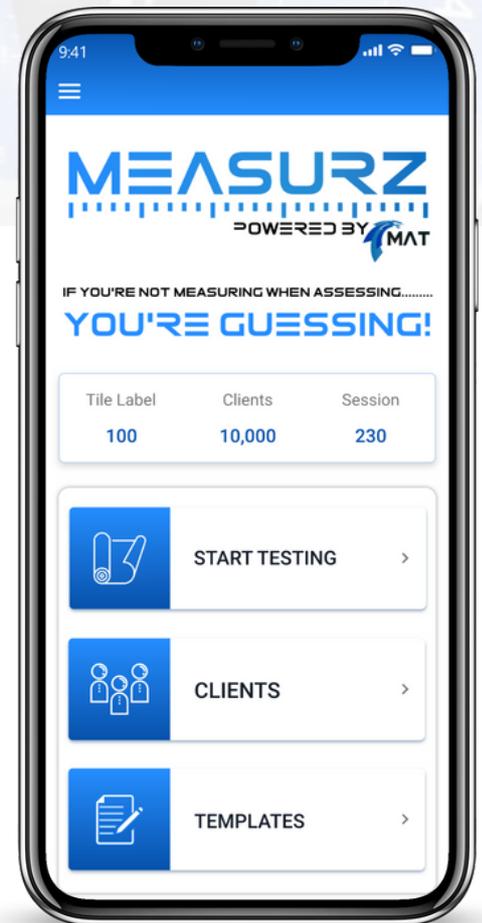
Assessment In Your Pocket

Our newest product bringing the whole MAT suite together is the MAT Measurz app.

The MAT Measurz app allows you to perform over 350 tests with your clients on all of the different aspects of Functional Performance Testing, including:

- Outcome Measures
- Flexibility + ROM
- Balance + Proprioception
- Strength
- Power
- Speed
- Endurance
- Aerobic + Anaerobic Fitness
- Wellness + more

The Measurz app is designed to optimise your workflow to perform assessments quickly and help enhance your communication with your clients.





MAT LEVEL 1 + 2 COURSE



World's No.1 Movement Assessment Course

Start your journey learning how to use The MAT – the world's NUMBER ONE Assessment Tool and the power of objective data with your running clients to help them run better, further and faster.

Sign Up For Data-Driven MAT Courses & START IMPROVING YOUR ASSESSMENT WITH DATA!
CLICK HERE TO SIGN UP FOR YOUR MAT COURSE AND BECOME MAT CERTIFIED TODAY

Since our first MAT course, we've helped thousands of Physiotherapists, Chiropractors, Osteopaths, Podiatrists, Exercise Physiologists, Personal Trainers, Occupational, Massage and Sports Therapists improve their assessment using The MAT (Movement Assessment Tool) to achieve amazing outcomes with their patients, clients and in their businesses with our online CPD courses and live workshops.

The MAT Course features a highly engaging online learning experience broken up into weekly learning modules, which will help you master objective assessment using the latest evidence-based tests and the strategies you need to help the people you work with achieve their goals. Join us online from the comfort of your own home to enhance your learning experience, the MAT Course gives you the freedom to choose how you learn best.

Get Over 30+ Hours Of CPD With The MAT Course Level 1 + 2

Our MAT Courses are accredited with the following organisations and many more....





What Will You Learn In Our MAT Courses?

In MAT Level 1, you'll learn the stuff that you didn't learn at uni and a revolutionary new approach to assessment, including:

- **30+ NEW MAT assessments** for the lower limb, spine and upper limb that will help you improve your assessment skills and you will be able to use the very next day!
- How to use the MAT to **SET BASELINE MEASUREMENTS** and make highly accurate decisions and **TRACK THE PROGRESSION** of your patients and clients over time to help ensure that they reach their goals.
- The **LATEST EVIDENCE** around movement assessment + rehabilitation so you can take your assessment and exercise prescription to the next level.
- How The MAT can help you take the guesswork out of determining when your patients or athletes can have the best chance of **RETURNING TO SPORT** safely.
- How The MAT can help you determine whether your treatment or training plan is effective for your individual patients and clients.
- How to **MEASURE all 3-DIMENSIONS** of any movement in a way you have never been able to before and revitalise your practice.
- A framework for developing flexibility and strength in your clients **AND HOW TO MEASURE THE RESULTS!**
- How to use the 10 principles of **NEUROPLASTICITY** to create meaningful changes in your patient's and client's training plans including better balance and movement control.
- How the MAT can help you **INCREASE BUY IN** into your treatment + training plans, improve your outcomes and **INCREASE YOUR REBOOKINGS** ensuring your patients and clients reach their goals.
- How The MAT can help you stand out from other therapists and trainers and create a **POINT OF DIFFERENCE** to get more people through your door.

In MAT Level 2, you'll learn how to take your assessment further and how to get your clients back to 110% and ensure they reach their goals, as well as:

- **20+ NEW MOVEMENT ASSESSMENTS** and **PHYSICAL CAPACITY TESTS** from the literature that will help you fill the gaps in your training and rehab knowledge to work out why re-injuries keep happening and take your clients to the next level.
- How to assess and train **SPEED, AGILITY and POWER** accurately to tailor more specific training and rehab programs to your clients to allow them to move better and faster.
- Set baseline **STRENGTH measurements** in a meaningful and objective way for injury-risk assessment and performance. Move beyond traditional isometric strength testing and our Level 1 MAT assessments.
- How you can take your assessment further and have **MORE CONFIDENCE** in your patients and clients beginning training and returning to sport safely.
- Why you need to start assessing your clients in a fatigued state and why their **ENDURANCE** and **CARDIOVASCULAR FITNESS** is critical to their injury and performance.
- How to **BRING YOUR BUSINESS INTO THE 21ST CENTURY** with the **LATEST TECHNOLOGY**. Find out what information you're missing out on not using this technology to enhance your client management!
- How to use **SLOW MOTION VIDEO ANALYSIS** in your business and turn it into an elite testing and training facility.
- How you can use our MAT Treatment + Training formula to help you take patients and clients from pain and sub-optimal function to performance using our 10-step approach to exercise prescription.
- How you put the latest **PAIN SCIENCE** research and neural dynamic mobility techniques into action to help you manage those difficult patients and clients more effectively.
- The **FIVE most important things** that you need to include in your exercise programs to enable people to complete their individual needs, wants and goals and get back doing what they love to do.
- How to avoid boring exercise prescription and get great results. No more generic exercises. No more 3x10 exercise prescription. Create expert rehabilitation plans using the **8 KEY FUNDAMENTAL MOVEMENTS** to individually tailor your rehab plans to your patients and clients goals.
- How to break-down and enhance performance with advanced strength and conditioning principles.
- Which **ANTHROPOMETRICS** you really should be assessing and why you need to address these to keep your patients and clients injury-free.
- How to conduct the **PERFECT INITIAL CONSULTATION** to increase buy-in, generate better compliance and achieve amazing results with your patients and clients.



MAT COURSE - ONLINE

MAT COURSE - LEVEL 1

Week 1 - The First Steps In Your MAT Journey To Mastering Objective Assessment

Week 2 - Assessing The Foot And Ankle

Week 3 - Assessing The Knee

Week 4 - Assessing The Hip + How To Fully Assess The Lower Limb

Week 5 - Assessing The Spine

Week 6 - Assessing The Shoulder

Week 7 - Beginning The MAT Treatment And Training Process

Week 8 - Beginning Strength And Conditioning

MAT COURSE - LEVEL 2

Week 1 - The Perfect Initial Consultation + Pain Science

Week 2 - Advanced MAT Assessment

Week 3 - Advanced Training Principles

Week 4 - Advanced Rehabilitation

MAT COURSE - LIVE

MAT COURSE - LEVEL 1

DAY 1

AM - The First Steps In Your MAT Journey To Mastering Objective Assessment

AM - Assessing The Foot And Ankle

PM - Assessing The Knee

PM - Assessing The Hip + How To Fully Assess The Lower Limb

PM - Assessing The Spine

DAY 2

AM - Assessing The Shoulder

AM - Beginning The MAT Treatment And Training Process

PM - Beginning Strength And Conditioning

PM - Case Studies

Please note: course locations may have slightly altered schedules due to venue availability and start/end times.

DAY 3 (if applicable)

MAT COURSE - LEVEL 2

AM - The Perfect Initial Consultation + Pain Science

AM - Advanced MAT Assessment

PM - Advanced Training Principles

PM - Advanced Rehabilitation



MAT RUNNING LEVEL 1 + 2 COURSE



World's No.1 Data-Driven Running Course

Start your journey learning how to use The MAT – the world's NUMBER ONE Assessment Tool and the power of objective data with your running clients to help them run better, further and faster.

Running is one of the most popular recreational sports in the world with millions of people taking part as their main source of recreational activity. Unfortunately due to its high impact and repetitive nature, injury rates are also extremely high with statistics suggesting anywhere from 30-70% of runners will suffer a running-related injury at any one period of time.

At MAT we know the solution to this problem isn't always easy.

By taking part in the MAT Running Course you will learn all the tools you need to measure runners and understand their underlying weaknesses and limitations that may be causing injury, as well as help runners return to their best and enhance their performance with advanced treatment and training techniques based on the latest evidence.

Our MAT Courses are accredited with the following organisations and many more....





DON'T FORGET CONGRATULATIONS

What Will You Learn In Our MAT Running Courses?

In the MAT Running Courses, you will learn everything you need to offer cutting-edge running assessments and training sessions, including:

Level 1

- **The most essential questions to ask** every running client as part of your history-taking process.
- **10+ running specific assessments** that will set you apart from the average health and fitness professionals when managing runners.
- **The most common mistakes runners** make and how to address these with **better load management**.
- **New apps and technology** you can use to better manage your runners.
- How to **analyze and identify problematic running techniques** that could contribute to injury and slow your clients down utilising the latest technology including **video analysis and sensor-based technology**.
- **Go to principles for recovery, treatment and training** that every running client needs to help them achieve their goals.
- The **ins and outs of footwear selection** and how it impacts your runner's performance.

Level 2

- How to better manage the most common running injuries including **stress fractures, muscle and tendon issues**.
- Why you are **getting it wrong with female runners** and why they need a unique approach when compared to male counterparts.
- How to **improve running techniques** that could contribute to injury with cueing and biofeedback using video and sensor-based technology.
- What runners need to be doing between runs to prepare their body and **how to build an individualised strength and conditioning program with periodisation**.
- Our **return to running template** to streamline your management plan for runners
- How to **implement new running specific services into your business the very next day** to stand out from the competition, get better outcomes and grow your business.
- And much more!



MONEY-BACK GUARANTEE

Get great results with you clients within 30 days of starting the MAT Running Course or get your money back.



PAYMENT PLAN OPTION AVAILABLE

Every MAT Course can be paid for in 3 equal monthly repayments.



GROUP DISCOUNTS AVAILABLE

Contact us at courses@matassessment.com for a quote for groups of 4 or more.



RunScribe Pods

RunScribe's 500Hz IMU foot and sacral pods record every step of your walk, hike or run.



RunScribe App

View in RealTime / Upload run data using the RunScribe [iOS](#) or [Android](#) apps.



RunScribe Dashboard

RunScribe's dashboard offers powerful visualization and analysis tools.



MAT RUNNING COURSE - ONLINE

MAT RUNNING COURSE - LEVEL 1

Week 1 - Introduction to Running Injuries + How to Take The Perfect Running History

Week 2 - Running Load Monitoring and Workload Analysis

Week 3 - Functional Performance Testing of Runners and Everything Footwear

Week 4 - Gait Analysis and Running Assessment

MAT RUNNING COURSE - LEVEL 2

Week 1 - Running Cues and How to Reload An Injured Runner

Week 2 - S+C For Runners and Return To Running Programming

Week 3 - Common Running Injury Management

Week 4 - Common Running Injury Management and How To Become The Go-To Running Person

MAT RUNNING COURSE - LIVE

MAT RUNNING COURSE - LEVEL 1

DAY 1

AM - Introduction to Running Injuries + How to Take The Perfect Running History

PM - Running Load Monitoring and Workload Analysis

DAY 2

AM - Functional Performance Testing of Runners and Everything Footwear

PM - Gait Analysis and Running Assessment

PM - Case Studies

Please note: course locations may have slightly altered schedules due to venue availability.

Happy
Assessing!

Thank
You



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