

Mastering muscle matters



Meet the world's 12th biomechanic specialist

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Muscle activation. A phrase and method not commonly known in Asia, and yet is proving to be the solution to various muscle and joint problems that occur in the body.

There are about 200 Muscle Activation Technique “Master Specialists” in the world who can perform these special methods and theories well. And there is only one in the whole of Asia, and he lives in Phuket: Toshi Toyoda.

Toshi became a Master Specialist eight years ago, which made him the 12th in the world. He also became a Resistant Specialist Master around the same time.

“My mission is to lead people the right way, with the right knowledge,” Toshi explained to *The Phuket News* in a recent interview.

Toshi, originally from Japan, currently works from the RPM Health Club, one of the finest health centres on the island. He was formerly a chiropractor having both studied and worked in the subject Japan. He then spent many years living in America as a licenced

acupuncturist and Rolfer.

“It helps a lot of people. But a lot of people are scared of the needle,” Toshi explains.

Toshi also spent some years working as an actor, studying bodywork, as well as many more diverse things. But what he has concentrated the majority of his life on, is spending the time, money and effort on studying. As a biomechanic specialist, Toshi has been treating pain with Acupuncture, Muscle Activation Technique, Rolfing, Active Isolated Stretching, Chiropractic Technique, and Osteopathic Technique for over 25 years. All the top trainers in the world take the Muscle Activation class. Many of Toshi’s patients have gone to him after experiencing chronic lower back pain issues for a long time, even after they’ve seen doctors and some even after having operations.

He uses his knowledge to help his patients to use their bodies in the biomechanically correct way. The knowledge used in order to treat the chronic pain has been created over a lifetime, and most of Toshi’s clients will feel good after one session, but it will take multiple sessions to correct underlying

issues. Muscle Activation Techniques is a specific and unique process for evaluating an individual’s ability to produce efficient muscle contraction. Loss of muscle contraction results in a decreased range of motion, and therefore decreased physical performance. Range of motion testing can indicate which muscles have decreased contractibility, and precise forces are applied to restore that muscle’s efficiency. A specialist will be trained and certified to perform several force application techniques that can restore function and strengthen weak muscles.

“I have studied in so much detail, to the point where even many doctors eventually became my patients in both America and Thailand.”

Toshi was even kind enough to test the muscles in my arm. I failed the first test, but after treating the area, it made the muscle stronger, so after testing me a second time, I passed.

Indeed, Toshi has been able to help many people, particularly those with a disability.

“I can make them walk. People try to avoid surgery so come to me. But not everyone wants to talk to me, and that’s because what I teach is very unfamiliar to what anyone is used to, there is no history of using these methods for my clients to see.

“I know how to make optimum condition within the muscles. If someone has an injury or a pain, I can help by performing biomechanic exercises that will fix their issue, and activate the muscle.”

Toshi’s ability to help people in a unique way is a testament to the number of years he has dedicated his time in learning about the biomechanics of the body. From helping English Premier League players, to a former UFC champion from Hawaii, Toshi has studied his way through life in order to help people all around the world. Although his move to Thailand may have originally been due to his decision to retire, Toshi still can’t help but help others. He continues to base himself at RPM and is available to anyone requiring advise or treatment.

For more information email info@biomc.com



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