



FLORIDA ATLANTIC UNIVERSITY

ATHLETIC TRAINING

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To Health Care Professionals:

After using the Hiva Mat 200 for the past year I have experienced great results that are not comparable with traditional modalities. The Hiva Mat 200 has been used at Florida Atlantic University to treat student – athletes for a variety of injuries including chronic soft tissue injuries, and acute orthopedic trauma. Some of the results noted are reduced swelling, pain, and increased range of motion immediately following a treatment session. The Hiva mat has provided a hands on approach to treating musculoskeletal injuries and our athletes personally insist on receiving it on numerous occasions.

The Hiva Mat 200 has been used for a both post operative patients and acute orthopedic injuries with no contraindications. At FAU it has been applied immediately post op for orthopedic procedures, and once the incision is covered there is no contraindication for its application since it relies on electrostatic current and not the amount of pressure the from clinician. It has been used to treat acute orthopedic injuries, and reduced swelling anywhere from ¼" to ½" per treatment session. Are overhead athletes insist on using the Hiva mat since it activates the lymphatic system and decreases muscle soreness in fatigued arms following multiple competitions. We have also seen great benefits from treating chronic overuse such and medial epicondylitis and plantar fasciitis when other modalities could not help.

At the current time we are seeking to add another Hiva mat and would recommend its use to any athletic trainer who is actively seeking an edge to treating musculoskeletal injuries. It is a staple to what we do in the training room at FAU, and I hope that others get to see and take advantage of its benefits as well.

Sincerely,

John Burnside MS, ATC, LAT
Head Athletic Trainer
Florida Atlantic University