



## Anti-Fatigue - How does it work?

Anti-fatigue matting works by providing a balance of "Softness" and "Support".

### Softness

The softness of matting offers two major benefits, cushioning and weight distribution.

- **Cushioning aids in reducing the impact on the joints**

Cushioning reduces the long-term stress on the joints created from the constant pounding on a hard surface. Each step transfers the entire body weight to one foot over and over again. The pounding that the heel takes with each step generates a "shock wave" of force that travels up the legs upward into the hips, back, etc.

- **Weight distribution**

The softness of a mat allows proper distribution over the entire surface of the foot. This allows the foot to take a more natural position and reduces pressure points.

### Support

Support is the amount of "push" the mat gives back as the mat is compressed by the worker. This is often referred to as the "resilience" or "bounce" of the matting.

- **Resilience benefits for smaller work cells**

Standing on any surface for long periods of time can produce detrimental effects to the body. Our muscles are forced to work "statically" when we are standing. The muscles are in a constant state of contraction to hold the body in the proper posture. This contraction tightens the muscles and compresses the blood vessels, which ultimately reduces blood flow throughout the body. Anti-fatigue mats encourage subtle movement of the leg and calf muscles, creating motion or "dynamic" muscle movement. This dynamic movement results in increased blood and oxygen flow, which reduces fatigue in the body.

- **Resilience benefits for larger work cells**

In a work area requiring constant movement or walking (i.e. dog groomers), a resilient mat will provide return-energy to the worker. As the foot presses into the mat, the matting pushes back against the foot. This return-energy allows the worker to expend less energy throughout the workday resulting in a decrease of fatigue. A soft mat that does not offer resilience will absorb the energy of the foot without returning it to the worker. This drains energy from the worker and increases fatigue throughout the day.

**SOFT = COMFORT**

**SUPPORT= FATIGUE RELIEF**

**SOFT + SUPPORT = HIGH-PERFORMANCE, ERGONOMIC MATTING**

## **About Crown Mats and Matting & Dogagilitymats.com**

For more than 60 years, Crown Mats and Matting has been a pioneer in the development and manufacture of matting products. Beginning with the invention of walk-off matting by the company's founder, R.P. Johnson, the company now has the most diverse matting product line in the industry. Crown sells dog sports matting products direct through our web site [dogagilitymats.com](http://dogagilitymats.com). You can also learn more about our dog sports mats at our blog [dogagilitymats.com/blog](http://dogagilitymats.com/blog).

### **Company Contact Information:**

**JoAnne B. Boston, Market Development Manager**  
**Crown Mats and Matting**  
**2100 Commerce Drive**  
**Fremont, OH 43420**  
**419-332-5531**  
**[jboston@crowm-mats.com](mailto:jboston@crowm-mats.com)**

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