



Active Isolated Stretching

July 28th & 29th, 2023 | Tallahassee, FL

The Mattes Method (AIS) centers on physiological principles of specific muscle lengthening, increased circulation, oxygen to the tissues and lengthening of the superficial and deep fascia.

AIS is one of the methods of stretching most used by today's professional athletes, massage therapists, personal/athletic trainers and professionals. It allows the body to repair itself and prepare for daily activity.



The technique involves holding specific stretches for one to two seconds, this enables the body's natural physiological makeup to improve circulation and increase the elasticity of joint, muscles and fascia.

The AIS Method teaches specific corrective exercises to strengthen and lengthen muscles for injury prevention and rehabilitation. You will learn hands-on techniques that enhance physical therapy, chiropractic medicine, osteopathic medicine, athletic and personal training, energy work including all massage modalities and techniques.

AIS is an outstanding modality for improving posture, eliminating abnormal curvatures such as scoliosis and kyphosis, as well as restoring proper body alignment. It also helps eliminate physical pain caused by repetitive stress and chronic pain due to old athletic injuries or injuries in general. AIS can affect positive change in such conditions as carpal tunnel syndrome, thoracic outlet syndrome, neck and back pain along with shoulder and rotator cuff conditions.

About The Course

Stretching Your Life teaches and demonstrates a “hands on” approach to offer practical solutions for everyday health challenges and needs. The company provides ongoing wellness and prevention education, and we inspire people to take charge of their health and motivate them to gain control of their pain. The course will cover a basic introduction of lower and upper body protocols of the Mattes Method.



What you will learn: The AIS workshops are designed to teach the specified methods of isolated stretching including both active and active-assisted exercises. The workshops explain how you can safely assist and teach your client’s personal application of the AIS processes.

Focus of the seminar: This seminar will provide an in-depth overview of a body’s (normal and compensated) range of motion and flexibility. Each participant will learn self-stretching techniques and how to safely assist another in the same stretching process achieved through lecture, demo and practice.

Course Itinerary

Friday & Saturday, 07/28 & 07/29 - 8:30am to 5:00pm (1/2 Hour Lunch)

- Purpose and basic physiology of stretching
- History and philosophies of Active Isolated Stretching (AIS) Mattes Method
- Active and assisted stretching protocols:
 - Lower Body Protocol
 - Lower Limbs
 - Lower Back
 - Knee and thigh
 - Pelvic girdle
 - Ankle, foot and toes
 - Upper Body Protocol
 - Shoulders
 - Neck
 - Forearm
 - Torso
 - Hands & wrist

Bring the Following Course Supplies:

1. A portable massage table
2. A pillow/bolster
3. Lightweight, comfortable clothing

This course is approved by the State of Florida and NCTMB for 16 CEU credits in the field of Massage Therapy. This course is approved by the American Council on Exercise for .8 CEU credits in the field of Personal Training.

Your Instructor

Kim Ortloff of Stretching Your Life

Renowned AIS teacher with Over 50,000 hours of clinical experience, including over 3,000 hours working directly with Aaron Mattes, the creator of Active Isolated Stretching & Strengthening. Kim Ortloff is a Master Teacher of AIS for professional education. Kim provides Continuing Education for the State of Florida 20-915293/20-999264 and The National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) 1000749. And American Council on Exercise (ACE).

Find out more about Kim at www.StretchingYourLife.com.



Call or Email to Register

850-224-2639 | sylladies@gmail.com

Cost: \$550.00 for both days. Includes stretch cord only not books.

Books will be available for purchase on site and can be mailed to you prior to the course or can be purchased here at StretchingUSA.com or [Amazon](http://Amazon.com).

Location: TBD, Tallahassee, Florida 32303 (will email out address upon registration)

Attendance: Limited to 20 participants