

Active Isolated Strengthening for the Lower Body

A solid foundation for optimal function

The importance of stability cannot be understated. Flexibility without strength can create an unstable environment in a joint as it moves through new ranges of motion. Without strength and/or neurological connection, muscles and fascia may not be able to support the limb. Muscle spasm and/or injury may occur, compounding the problem.

The addition of specific strengthening protocols, concurrent with the *Active Isolated Stretching* protocols provides a necessary component for establishing full and lasting recovery from an injury. Strengthening may be the missing link to resolve circulatory, neurological and orthopedic conditions. This specific approach creates fundamental strength and endurance creating a foundation for optimal function and the development of a more complex strength, stability, proprioceptive and endurance training.

This intermediate level class is geared towards professionals in rehabilitation, fitness and athletics. Students will learn specific strengthening protocols for the lower body using free weights as well how to apply manual resistance. Manual resistance is the ideal approach when patients require precise support and assistance or suffering from brain injuries such as stroke. Manual resistance quickly establishes neurological reconnection, changing firing patterns and increasing balance and stability.

Completion of this class partially fulfills the requirements for Master's level of competency as certified by AIS Northwest.