



**AIS Northwest, LLC**  
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**Phone: (206) 992-4029**

## **Certification Program**

### **Basic Level**

Upon completing the Basic Level program successfully, the practitioner is an “**Active Isolated Stretching Practitioner**” certified by AIS Northwest, LLC.

Certification by AIS Northwest requires completing the following requirements:

**46 CE (Continuing Education) Contact Hours** instruction in stretching protocols for the entire body – **both self-care and assisted**. The following is a guideline for the distribution of required educational hours; however, *a student can test out at anytime* their competency level reaches Basic Level without completing the full CE contact Hours\*\*. It is the student’s responsibility to document the completion of CE Contact Hours. The 46 CE Contact Hours must be completed within a two-year period.

- 14 CE Hours: Upper Body (Cervical Spine, Shoulders, Jaw)
- 14 CE Hours: Lower Body (Lumbar Spine, Pelvis, Hips & Knees)
- 5 CE Hours: Upper Extremities (Elbows, Forearms, Hands)
- 5 CE Hours: Lower Extremities (Ankles, Feet)
- 4 CE Hours: Self-Care for Upper Body (Shoulders, Neck, Spine, Wrists/Hands)
- 4 CE Hours: Self-Care for Lower Body (Hips, Knees, Ankles, Feet)

**\*\*Competency Test:** The competency test is for those who studied Active Isolated Stretching outside of AIS Northwest or via self-education. In order to certify at the Basic Level with AIS Northwest, you will be required to show *complete understanding* of the entire Active Isolated Stretching concepts and protocols according to the instruction manual written by Joshua Morton (Balance is Possible). Expect to spend at least **4 hours** with an instructor demonstrating your skill level. (The assigned instructor is paid for his/her time (estimated instructor fee: \$250).

**Cost Estimate of Basic Level:** \$920 (tuition varies depending on location) plus \$50 administrative fee.

**Cost of Basic Level Competency Test:** Instructor fee plus \$50 administrative fee.

## AIS Northwest, LLC – Certification Program

Classes can be taken in any order, at any location offered. A complete list of currently offered classes for AIS certification can be found at [Seminars & Events](#). Submit copies of certificates of completion with your application.

## Advanced Level

Upon completing the Advanced Level program successfully, the practitioner is an “**Active Isolated Stretching Specialist**” certified by AIS Northwest, LLC.

Certification by AIS Northwest requires completing the following requirements:

1. Completion of Basic Level.
2. **16 CE (Continuing Education) Contact Hours** in fascial line protocols for the entire body (“Active Isolated Stretching along Fascial Lines in Upper & Lower Body”).
3. **1<sup>st</sup> Practicum:** 4 treatments of 5 different clients for a total of 20 hours with submittal of written reports and feedback from assigned instructor.
4. **Demonstrated competency** with all protocols by applying your knowledge and expertise in AI Stretching with said clients and verifiable improvement of pre-treatment symptoms. Actual improvement of symptoms will be derived from before and after reports. A format for submitting reports will be provided by AIS Northwest, LLC upon registering.
5. **2<sup>nd</sup> Practicum:** 4 hours going through the entire protocol with the assigned instructor and 4 hours receiving treatment from the instructor. (The assigned instructor is paid for his/her time.) Cost: \$500 / 8-hour day.)
6. **Written Assignment:** Create a home stretching program for 5 clients under your care. This will be demonstrated by designing a stretching protocol along with a progression for self-care at home based on the client’s condition.

**Cost Estimate of Advanced Level:** \$300 (tuition varies depending on location) for continuing education, \$500 for 2<sup>nd</sup> practicum plus a \$100 administrative fee for review of case studies and maintenance of documentation.

A student may repeat the certification process as often as he or she likes until successful outcomes have been attained.

Registration: AIS Northwest, LLC, [info@aisnorthwest.com](mailto:info@aisnorthwest.com), (206) 992-4029

## Master Level

Upon completing the Master Level program successfully, the practitioner is a “**Master Active Isolated Stretching & Strengthening Specialist**” certified by AIS Northwest, LLC.

The addition of strengthening protocols is an absolute necessity for complete client care.

Certification by AIS Northwest requires completing the following requirements:

1. Completion of Advanced Level.
2. **24 CE (Continuing Education) Contact Hours** in strengthening protocols for the entire body – **both self-care and assisted**. The following is a guideline for the distribution of recommended educational hours; however, *a student can test out at anytime* their competency level reaches Master Level without completing the full 24 CE Contact Hours\*\*. It is the student’s responsibility to document the completion of CE Contact Hours. (Approx. cost depending on location: \$450)
  - 8 CE Hours: Cervical Spine, Shoulders, Jaw
  - 8 CE Hours: Lumbar Spine, Pelvis, Hips & Knees
  - 8 CE Hours: Upper and Lower Extremities
3. **Demonstrated competency** with all protocols by applying your knowledge and expertise in AI Strengthening with 6 treated clients resulting in verifiable improvement of pre-treatment symptoms. Actual improvement of symptoms will be derived from before and after reports. A format for submitting reports will be provided by AIS Northwest, LLC upon registering.
4. **Written Assignment:** Create a strengthening program for 6 clients under your care. This will be demonstrated by designing a written protocol and progression for self-care at home based on the client’s condition.
5. **\*\*Competency Test:** Show complete understanding of the entire Active Isolated Strengthening concepts and protocols with an assigned instructor. Expect to spend 4 hours with an assigned instructor demonstrating your skill level. (The assigned instructor is paid for his/her time.) Cost: \$300 plus a \$100 administrative fee for review of case studies and maintenance of documentation.
6. **Direct Supervision:** One 2-hour treatment of a client under supervision of an assigned instructor. (The assigned instructor is paid for his/her time.) Cost: \$125.

AIS Northwest, LLC – Certification Program

**Cost Estimate of Master Level:** \$575 plus a \$100 administrative fee for review of case studies and maintenance of documentation.

**Cost of Master Level Competency Test:** \$300 plus a \$100 administrative fee for review of case studies and maintenance of documentation.

Classes can be taken in any order, at any location offered. A complete list of currently offered classes for AIS certification can be found at [Seminars & Events](#). Submit copies of certificates of completion with your application.

A student may repeat the certification process as often as he or she likes until successful outcomes have been attained.

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## **Instructor Level**

Upon completing the Advanced Level program successfully, an applicant can apply for certification by AIS Northwest, LLC as an **Active Isolated Stretching Instructor**.

Certification at the Instructor level requires completing the following requirements:

1. Completion of Basic and Advanced levels in Active Isolated Stretching.
2. Auditing and assisting at 6 AIS seminars within the past 2 years as a Teaching Assistant. Teaching Assistants (TAs) receive a *Certificate of Acknowledgement* for their active participation in assisting students in learning the protocols.
3. Demonstrated competency teaching AIS protocols and presenting AIS concepts in lecture format: 3 hours with a Master Instructor. This section consists largely of listening to your lecture and asking questions to better understand your knowledge of the work and ability to communicate clearly.

The assigned Master Instructor is paid for his/her time (\$180).

4. The applicant meets NCBTMB requirements for teaching the subject matter.
5. The applicant further agrees not to teach an Active Isolated Stretching (AIS) class within a 50 mile radius of an AIS Northwest sponsored seminar or event for a period of two years after submitting an application unless specifically contracted by AIS Northwest to teach or assist at a class. Furthermore, all syllabi and class related documentation are property of AIS Northwest. TAs are not permitted to reproduce or use any property or methods for class creations without the express written permission of AIS Northwest.

**Total Cost:** \$180 plus \$75 administrative fee.