

Active Isolated Stretching Along Fascial Lines in the Lower Body

Learn a dynamic technique for stretching muscles and fascia along fascial lines specific to joint movement. Based on the principles of Active Isolated Stretching (AIS) developed by Aaron Mattes, this stretching system restores greater joint mobility, reduces muscular and fascial tension, and dramatically increases blood and lymph circulation for faster healing from injury. Aaron's discovery of the time sensitivity of the spindle cells makes this approach unique for stretching muscle and fascia. Each stretch is held for about 2 seconds to avoid triggering the myotactic stretch reflex. Repeated, active muscle contractions return restorative blood and lymphatic flow to the body decreasing inflammation and combating disease.

This class explores the myofascial lines described by Tom Meyers in his work Anatomy Trains® using AIS techniques. Applying AIS principles to stretch fascial lines has shown even more dramatic results than previously realized with AIS alone. Stretching the fascial lines opens up a whole new avenue to address tissues. This approach allows you to “touch” tissues that are not easily addressed manually. The amazing difference will be felt immediately.

In this basic level class you will learn the physiology behind AIS and how to apply AIS to the fascial lines. Course content is geared towards healthcare professionals and athletic trainers. Learn how to evaluate range of motion potential before and after stretching and how to apply the techniques to treat the lower fascial lines. Previous AIS experience is helpful but not a requirement to attend this class.

*This class completes one of the requirements for gaining **advanced** AIS level certification with AIS Northwest.*