

Active Isolated Stretching for the Lower Body

Unwind lower back, hip and knee pain

Active Isolated Stretching (AIS) remodels the body through gentle, rhythmic movements. AIS is a dynamic technique that stretches muscles, tendons, and fascia specific to anatomical planes of movement. Based on the stretching principles developed by Aaron Mattes, AIS restores joint mobility, reduces muscular/fascial tension and improves circulation. The simple yet profound difference is holding each stretch (with active engagement) for 2 seconds. Repeated, active muscle contractions along with gentle stretches increase venous/lymphatic flow decreasing inflammation and combating disease. Dysfunctional movement patterns are exposed and retrained, which enables unfavorable postural habits to shift.

In this basic level class you will learn the physiology behind AIS and how to stretch yourself and assist your clients. Learn how to evaluate range of motion potential before and after stretching and how to apply the techniques to treat a wide variety of disorders in the lumbar spine, hips and knees. The material presented addresses disc conditions, nerve impingement, sciatica, groin impingement, S/I dysfunction and ITB syndrome among other disorders. Course content is geared towards healthcare professionals and athletic trainers.

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