

## **Introduction to Active Isolated Stretching for the Upper Body**

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 introductory, basic-level class you will gain an understanding of the system as a whole. The material presented in this course will cover the essential stretches needed to improve posture that you will be able to implement in your practice immediately. Course content is geared towards healthcare professionals and athletic trainers.