



## **ACTIVE ISOLATED STRETCHING & STRENGTHENING**

Active Isolated Stretching and Strengthening (AIS) is a method developed by world renowned Aaron L. Mattes to naturally restore musculoskeletal function and balance throughout the body. (This is not the typical stretching that we've all been taught in gym class.) After 38 years of research and implementation, AIS is rewriting the book, not only on stretching and fascial release, but overall health.

AIS is quite different than what most of us have come to know about stretching as it uses shorter duration holds (no greater than two seconds) and opposite muscle contraction to allow full relaxation and lengthening of the targeted muscle without inducing the protective stretch reflex. In other words, this means you can get better results faster. AIS will allow you to:

1. Find and treat the root cause of your pain
2. Return postural balance to your body
3. Perform at a higher level with greater range of motion, more power, and better stamina
4. Reach your weight-loss and fitness goals more quickly - implement AIS into your training program and see better form, increased performance, less pain and faster recovery
5. Regain strength and range of motion following an injury
6. Learn how to manage and maintain these results on your own

AIS is being implemented into professional sports programs worldwide, in addition to being used as treatment for a wide variety of problems including, but not limited to the following:

Carpal tunnel syndrome, back pain, knee pain, shoulder pain, neck pain, headaches, sciatica, fibromyalgia, tendonitis, degenerative nerve disorders (Parkinson's Disease and Multiple Sclerosis), and much more.

You can find out much more about AIS and its benefits online at [www.stretchingusa.com](http://www.stretchingusa.com), however, the best way to truly understand what AIS is and how it can help you feel and move better, is to experience it. Call today for a free introduction!

