



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

*Unwinding the Neck, Shoulders and Jaw*

**September 7<sup>th</sup> & 8<sup>th</sup>**

**Cortiva Institute, Seattle, WA**

Learn a whole-body dynamic technique for stretching muscles and fascia along fascial lines and specific to joint movement. Based on the principles of **Active Isolated Stretching** developed by Aaron Mattes, this stretching system restores greater joint mobility, reduces muscular and fascial tension, corrects aberrant neurological firing 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 a myotactic stretch reflex. Repeated, active muscle contractions return restorative blood and lymphatic flow to the body decreasing inflammation and combating disease.

Leave class with the knowledge on how to stretch yourself and assist your clients. This class covers every stretch you need in order to treat a wide variety of disorders in the shoulders, cervical spine and jaw. The material presented addresses frozen shoulder, TMJ, thoracic outlet syndrome, whiplash and other upper body disorders.

New to this class is the expansion of AIS into the realm of **Anatomy Trains®**. Applying AIS principles to stretching fascia has shown even more dramatic results than previously realized with AI stretching alone.

**Instructor:** Benjamin Harris, MPT, Cert. MDT, MAISS

**CE Contact Hours:** 16 hours (NCBTMB, BOC, Florida Board of Massage, NASM)

**Tuition:** \$250 by August 23rd; \$300 thereafter; current student discount \$50  
(*Tuition includes stretching strap for new students.*)

**Material Fee:** \$25 (expanded AIS manual with new protocols) payable at class. *\*If you prefer, you can print out the materials for free electronically.*

**Day/Time:** September 7<sup>th</sup> & 8<sup>th</sup>; 9am – 6pm

**Location:** Seattle Campus of Cortiva, 425 Pontius Ave N. Seattle, WA 98109

**Phone:** Cortiva: (206) 282-1233 AIS Northwest: (360) 738-9800

**Registration/Info:** [www.cortiva.com](http://www.cortiva.com) / (888) 216-0547 / [www.aisnorthwest.com](http://www.aisnorthwest.com)



Ben earned his Master of Arts degree in physical therapy at Touro College in Dix Hills, NY in 1994. In 1997, he began working with Renaissance Physical Therapy in Shoreline, WA and took an ownership position in 2003. Since 2000, he has also been working with InjuryFree, Inc. as the company's Wellness Director. In this role, he developed a unique, at-the-job-site care delivery model for work place injury prevention and trained clinical staff at multiple locations nationwide in this model. At InjuryFree he worked closely with Joshua Morton, LMT, an expert in the Active Isolated Stretching (AIS) technique, and became skilled in this approach. He has incorporated AIS into his daily clinical practice as well as trained physical therapists, physical therapist assistants, certified athletic trainers and licensed massage therapists in this technique since 2003.