

INTRODUCTION TO ACTIVE ISOLATED STRETCHING

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Active Isolated Stretching (AIS) is a dynamic technique. AIS remodels the body using gentle, rhythmic movements and active muscle engagement for about two seconds to avoid triggering the myotatic stretch reflex. The simple yet profound difference is the length of time for each movement. Dysfunctional movement patterns are exposed and retrained through specific movements; unfavorable postural habits shift, decreasing inflammation and combatting disease.

In this class you will gain an understanding of the AIS system as a whole. We will cover the essential stretches needed to counteract some of the compromising effects of gravity for the shoulders and neck, several stretches along myofascial lines of the lower body, in addition to a focus on the spine and scoliosis. Stretches will be covered in detail and with hands-on application so that you can implement them in your treatment approach immediately.

6 hours CTA and LMT CE credit