

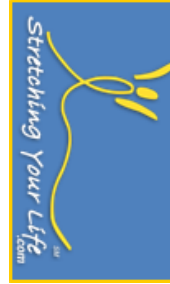
What you will Learn:

- ◆ An in-depth overview of joint range of motion with review of the associated anatomy.
- ◆ The specific methods of *both* active & active-assisted isolated stretching movements; including proper body mechanics.
- ◆ To teach your clients the same methods of injury prevention and recovery on which Olympic athletes rely.
- ◆ Use AIS methods in your practice, to increase your income and provide clients with longer lasting results.
- ◆ To use AIS in self care to reduce pain and increase your own mobility.

Register before May 29: \$ 450

After : \$ 475

(limited to 30 participants)

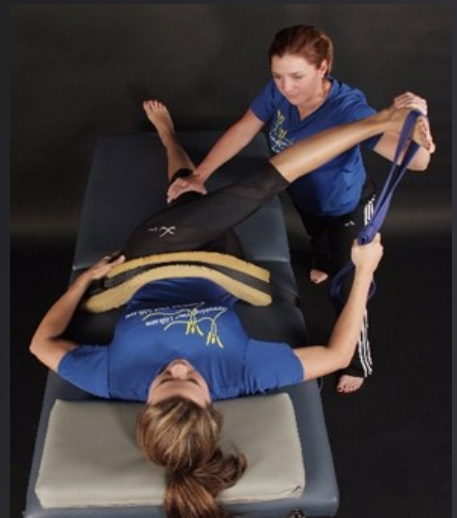


1114 Thomasville Road, Suite 1
Tallahassee, FL 32303

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Active Isolated Stretching Seminar



**22 CEUs of
Intensive AIS Training**

NCBTMB & FL Approved



The Instructors:

KIM ORTLOFF, BS, LMT, CEO # MA17616

Ms. Ortloff co-authored “Where It Hurts and Why” and is A national instructor in **AIS** for injury rehabilitation and athletic performance enhancement.

She is the current team therapist for:

Florida State University's football, basketball, baseball, softball, soccer, track & field and swimming departments

Former team therapist for:

2004 & 2005 NCAA track
1998 ACC Swim competitions, Zimbabwe
1999 World Track & Field Championship
USA Handball team Seville, Spain 1996 Olympics
Olympic Sports Massage Clinic, Atlanta.

Individual therapist for:

Cory Fuller **Baltimore Ravens, NFL**
Deion Sanders **Baltimore Ravens, NFL** (retired)
Brad Johnson **Minnesota Viking NFL**
Andre Wadsworth **Arizona Cardinals, MLB**
Douglas Edwards **Atlanta Hawks, NBA** (retired)
Jonathan Edwards **WR Triple Jump**, England (Bronze)
Ken Harnden 1999 and 2000 **Olympic hurdler** for Zimbabwe and **FSU track coach**
Kris Tamulis **LPGA**
Jay Pichard finisher of the 2000 Eco-challenge Borneo

DANA GRETHE, ESQ, LMT, LPT, COO
#MA75189

Ms. Grethe is an Aaron Mattes trained instructor of AIS and is author of the Florida and nationally approved curriculum for the CE courses that will be taught. She has built her practice with a focus on treating sport injuries, chronic pain and muscle disease. Ms. Grethe teaches an ongoing guided AIS class to the public in Orlando, individual sessions with private clients and athletic groups.

SEMINAR LOCATION



The Center of Wellness
237 Lookout Place
Maitland, FL 32751
407-335-4994

FRIDAY, July 15th, noon to 6pm

Purpose & Physiology of AIS
History and Philosophies of AIS
Active & Assisted Stretching Protocols

- ◇ **Shoulder & Shoulder girdle**
- ◇ **Cervical Spine & Trunk**

SATURDAY July 16th, 9 to 6pm

Active & Assisted Stretching Protocols

- ◇ **Elbow, wrists, fingers/thumbs**
- ◇ **Thoracic and lumbar spine**
- ◇ **Knee and upper leg**

SUNDAY, July 17th, 9am to 4pm

Active & Assisted Stretching Protocols

- ◇ **Lower leg**
- ◇ **Pelvic girdle**
- ◇ **Ankle, foot & toes**

For More Information Please Visit
Stretching YourLife.com

About the Course:

The Mattes Method (AIS) centers on physiological principles of specific muscle lengthening, increased circulation and oxygen to the tissues, and lengthening of the superficial and deep fascia.

AIS is one of the methods of stretching most used by today's athletes, massage therapists, personal/athletic trainers, and professionals. It allows the body to repair itself and prepare for daily activity. The technique involves the method of holding each stretch for one to two seconds, which works with the body's natural physiological makeup to improve circulation, and increase the elasticity of joint muscles and fascia.

The Mattes Method teaches you specific corrective exercises to strengthen and lengthen muscles for injury prevention and rehabilitation. Learn hands-on techniques which enhance physical therapy, chiropractic medicine, osteopathic medicine, athletic and personal training, energy work and all types of massage modalities and techniques.

AIS is an outstanding modality for improving posture, eliminating abnormal curvatures such as scoliosis and Kyphosis as well as restoring proper body alignment, helping to eliminate physical pain caused by repetitive stress and chronic pain due to athletic injuries or injuries in general. AIS can affect positive change in such conditions as carpal tunnel syndrome, thoracic outlet syndrome, neck and back pain and well as shoulder and rotator cuff conditions.