

# Active Isolated Stretching: The Mattes Method



16 Hour CE Course

Presented by: Kim Ortloff

May 2 - 3, 2025

Tallahassee, Florida

## Active Isolated Stretching

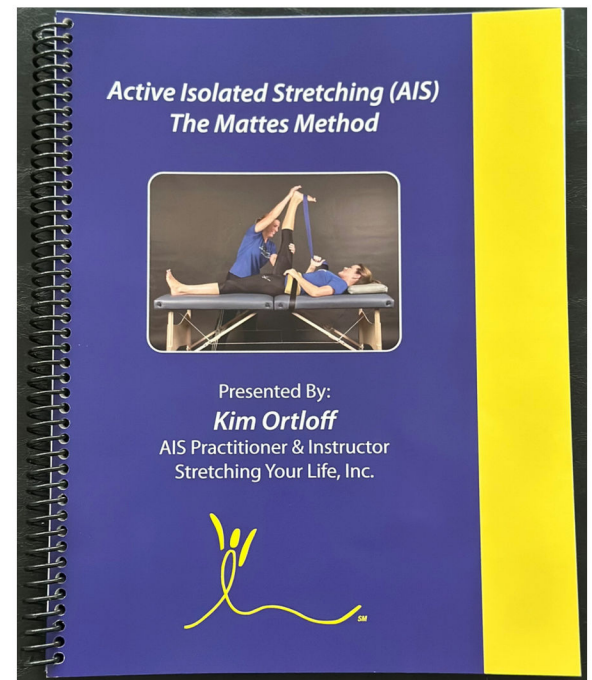
**The Mattes Method (AIS)** centers on physiological principles of specific muscle lengthening, increased circulation, oxygen to the tissues and lengthening of the superficial and deep fascia.

### **AIS is one of the methods of stretching most used**

by today's professional athletes, massage therapists, personal/athletic trainers and professionals. It allows the body to repair itself and prepare for daily activity. The technique involves holding specific stretches for one to two seconds, this enables the body's natural physiological makeup to improve circulation and increase the elasticity of joint, muscles and fascia.

**The AIS Method teaches** specific corrective exercises to strengthen and lengthen muscles for injury prevention and rehabilitation. You will learn hands-on techniques that enhance physical therapy, chiropractic medicine, osteopathic medicine, athletic and personal training, energy work including all 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. It also helps eliminate physical pain caused by repetitive stress and chronic pain due to old 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 along with shoulder and rotator cuff conditions.



## About The Course

**Stretching Your Life** teaches and demonstrates a “hands on” approach to offer practical solutions for everyday health challenges and needs. The company provides ongoing wellness and prevention education and we inspire people to take charge of their health and motivate them to gain control of their pain. The course will cover a basic introduction of lower and upper body protocols of the Mattes Method.

**What you will learn:** The AIS workshops are designed to teach the specified methods of isolated stretching including both active and active-assisted exercises. The workshops explain how you can safely assist and teach your clients personal application of the AIS processes.

**Focus of the seminar:** This seminar will provide an in-depth overview of a body's (normal and compensated) range of motion and flexibility. Each participant will learn self-stretching techniques and how to safely assist another in the same stretching process achieved through lecture, demo and practice.

## Course Itinerary



**Day One - Friday, May 2 - 9:00am - 5:00pm**

**30 Min. Lunch**

- Purpose and Physiology of Stretching
- Philosophies of AIS, Mattes Method
- Active and Assisted Stretching - Lower Body Protocol
  - Lower Limbs, Low Back, Pelvis Girdle, Knee and Lower Leg, Ankle and Feet

### Course Supplies

**Please Bring a Table**

*(A few tables will be provided)*

**Wear Comfy Clothing**

**A Stretch Cord and Manual Will be Provided**

**Please Bring Your Lunch and Snacks**

**Day Two - Saturday, May 3 - 9:00am - 5:00pm**

**30 Min. Lunch**

- Protocols of Upper Body and Trunk
  - Trunk, Shoulder, Neck, Wrist, Hands and Fingers

***This course is approved by the State of Florida, NCTMB for 16 CEU credits in the field of Massage Therapy, 1.6 for ACE, 1.6 for NASM and 15 for AAFA.***

## Meet Your Instructor

**Kim Ortloff of Stretching Your Life**

Renowned AIS teacher with Over 50,000 hours of clinical experience, including over 3,000 hours working directly with Aaron Mattes, the creator of Active Isolated Stretching & Strengthening. Kim Ortloff is a Master Teacher of AIS for professional education. Kim provides Continuing Education for the State of Florida 20-915293 and The National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) 1000749. ACE approved, NASM and AAFA approved.

Find out more about Kim at [StretchingYourLife.com](http://StretchingYourLife.com)





**Call or Email to Register**  
**850-224-2639 or [sylladies@gmail.com](mailto:sylladies@gmail.com)**

**Cost:** \$550 includes instructional manual and stretch cord for 16 hours

**Location:** The Barn at Maclay Farms, 545 Maclay Lane, Tallahassee, FL