

# Active Isolated Stretching and Strengthening (AIS)

Developed by kinesiologist Aaron Mattes.

[Presented by Dr. Ben Benjamin](#) (click for bio)

On Dede Dancing's Continuing Education Cruise  
7 nights/6 days March 10<sup>th</sup>-17<sup>th</sup>, 2012—Get on Board



Upper Body: The Neck, Shoulder, Elbow, Wrist, & Hand • 21 CE Hours-NCBTMB Approved

## Why Practice AIS?

- Enhance your ability to treat and prevent injuries. AIS speeds the healing of muscles, tendons, ligaments, fascia, and joints. And by increasing flexibility, strength, and resilience, it can greatly reduce an individual's vulnerability to future injuries.
- Help clients feel younger and healthier. As we grow older many of us accept limitations to our body's functioning (reduced range of motion, decreased strength/flexibility, and impaired coordination) as an inevitable result of the aging process. Through AIS, many of these declines can be successfully prevented or reversed.
- Work effectively with degenerative neuromuscular conditions. By stimulating neural growth, creating new neural pathways, and reducing muscle spasticity, AIS can successfully reduce the symptoms of various debilitating conditions that do not respond to other forms of manual treatment.

## What You'll Learn in this Course

This intensive training will give you a solid foundation in the principles of AIS and the skills to apply them to the neck, shoulder, elbow, wrist, and hand. You'll learn to:

- Assess the optimal range of motion for each joint
- Maximize the flexibility of every major muscle in the upper body
- Stretch with precision the proximal and distal aspects of the muscle separately
- Take joints to their healthy maximum range of motion
- Efficiently increase strength in perfect alignment
- Use these techniques to speed recovery from injury

You'll leave the course fully prepared to use these techniques with your Monday morning clients.

The Carnival Dream provides an excellent learning environment with plenty of room to practice these skills. You must attend all 3 days, 7 hours each day to receive your CE certification. The other 3 days you may spend playing on the islands :) Evenings are also your own to enjoy as you please.