



## **Active Isolated Stretching for Hand Neuropathy**

**September 14<sup>th</sup>, 2019  
Bellingham, WA**

Active Isolated Stretching (AIS) is a dynamic technique that stretches muscles, tendons, and fascia specific to anatomical planes of movement. Utilizing the principles developed by Aaron Mattes, this unique stretching modality restores joint mobility, reduces muscular/fascial tension, changes neurology and improves circulation. AIS remodels the body using gentle, rhythmic movements. The simple yet profound difference is to avoid triggering the myotactic reflex. The repeated, active muscle contractions along with gentle stretches create a venous/lymphatic pump, decreasing inflammation and combating disease. Dysfunctional movement patterns are exposed. Using pain free movements, the tissues are retrained and balance is restored to the joint.

In this basic level class you will identify the physiology of AIS. You will use ROM and palpation to evaluate quality of movement and muscles before and after treatment. Determine through assessment when it is safe to perform stretching and which stretches to apply. Course content is geared towards healthcare professionals, personal and athletic trainers.

***The material presented in this course is my formula for treating hand neuropathy so successfully I offer a money back guarantee. In nearly 10 years I have had only one refund.***

**Instructor:** Joshua Morton, LMT, MAISS

**CE Contact Hours:** 8 hours (WA, NCBTMB, BOC)

**Tuition:** \$175 two weeks prior to class; \$200 thereafter (*\$50 non-refundable deposit*)

**Discount:** \$50 discount for current students.

**Materials:** Electronic manual with be sent after registration.

**Cancellation/Refund Policy:** : 2 weeks before class begin full refund minus deposit. Less than two weeks non-refundable.

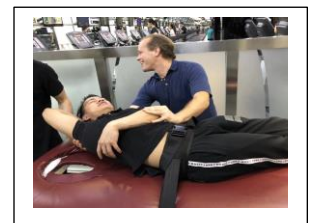
**Day/Time:** Saturday: 9 AM – 6 PM (1 hour for lunch)

**Location:** Northwest Academy for the Healing Arts- 209 Prospect St., Bellingham, WA, 98225

**Registration/Info:** <https://aisnorthwest.com/calendar.aspx> / Joshua Morton, 206-992-4029



**Joshua Morton, LMT, MAISS, MMLT** - Co-owner/Master Instructor with AIS Northwest, LLC. Joshua has over 2000 hrs. training with Aaron Mattes, the creator of Active Isolated Stretching and over 15 years teaching AIS. Joshua is one of the leading AIS practitioners and instructors internationally. Joshua offers students in-depth experience and expertise in a supportive learning environment. (#MA00008567).



AIS Northwest is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider (Provider ID: 451194-09).



AIS Northwest, LLC is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.