



Aaron Mattes' Active Isolated Stretching

By Aaron L. Mattes

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Aaron Mattes' Active Isolated Stretching Book incorporates Active Isolated Stretching and shows you how to stretch the human body. Aaron Mattes' methods allow you to stretch systematically allowing you to reach maximum flexibility. Aaron is the creator of Active Isolated Stretching (AIS) and has spent the last 40 years perfecting these techniques. This book will not only teach you how to properly stretch yourself using AIS, but also how to work with someone else (patient or client) teaching them how to become more flexible.

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Aaron Mattes' Active Isolated Stretching By Aaron L. Mattes Bibliography

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Editorial Review

About the Author

Aaron Mattes received his Bachelor of Science Degree from Wisconsin State University-Superior, 1970, majoring in Physical Education. Mattes received his Master of Science Degree from the University of Illinois, Urbana-Champaign, 1972, with special emphasis in Kinesiology and Kinesiotherapy. Mattes served as pitching coach for the University of Illinois baseball team from 1970 1976. Over the past 45 years, he has spent well over 250,000 hours in sports participation, sports and health instruction, rehabilitation, athletic training, adapted physical education, sports medicine, training and prevention programs. He is a registered Kinesiotherapist (#449) and a certified member of the American Kinesiotherapy Association. He is a licensed Massage Therapist (#3864) and a member of the Florida State Massage Therapy Association and the American Massage Therapy Association (#3864). Mattes is a member of the Association of Medical Rehabilitation Administrators and the National Rehabilitation Association (#039204).

Mattes lectures internationally at sports medicine clinics, medical seminars, and massage therapy conventions. He provides continuing education to personal trainers, nurses, strength trainers, athletic trainers, physical therapists, massage therapists, coaches and athletes. Mattes serves as a consultant to sports clubs, high school, college and professional athletes and teams. He has rehabilitated thousands of subjects including famous politicians, entertainers, and hundreds of Olympic and professional athletes.

Users Review

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The knowledge that you get from Aaron Mattes' Active Isolated Stretching may be the more deep you digging the information that hide within the words the more you get interested in reading it. It doesn't mean that this book is hard to be aware of but Aaron Mattes' Active Isolated Stretching giving you buzz feeling of reading. The copy writer conveys their point in certain way that can be understood simply by anyone who read that because the author of this guide is well-known enough. This book also makes your personal vocabulary increase well. It is therefore easy to understand then can go along, both in printed or e-book style are available. We suggest you for having this Aaron Mattes' Active Isolated Stretching instantly.

Angel Jones:

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Dennis Rodriguez:

Playing with family in a park, coming to see the coastal world or hanging out with good friends is thing that usually you have done when you have spare time, and then why you don't try point that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Aaron Mattes' Active Isolated Stretching, you may enjoy both. It is very good combination right, you still wish to miss it? What kind of hangout type is it? Oh seriously its mind hangout guys. What? Still don't understand it, oh come on its named reading friends.

Elda Baggett:

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