

# ACTIVE ISOLATED STRETCHING: THE MATTES METHOD



By  
AARON L. MATTES

# Active Isolated Stretching The Mattes Method

**Warren I. Hammer**



## **Active Isolated Stretching The Mattes Method:**

**Active Isolated Stretching** Aaron L. Mattes, 2000      **Aaron Mattes' Active Isolated Stretching** Aaron L. Mattes, 2012      *Active Isolated Stretching* Aaron L. Mattes, 1995 Demonstrates a technique of preventive muscle stretching based upon reciprocal innervation of muscle tissue the agonist antagonist reflex With each exercise the type of flexion and the muscle groups used are provided The Mattes Method of Active Isolated Stretching is a myofascial release and therapeutic treatment for deep and superficial muscles tendons and fascia      *Specific Stretching for Everyone* Aaron L. Mattes, 2016-03-14 *Specific Stretching for Everyone* is a full color stretching book that was designed for the individual athlete client or anyone who wants to learn how to become more flexible and improve their health This book shows only the active section of stretching teaching you how to properly increase your flexibility and your body's range of motion 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 Mattes is co author of two books *Pre Condition Re Condition Re Habilitation* Shelton Greninger and Mattes and *Nutrition Therapy for Massage and Physical Therapy Patients* E Leslie Knight and Mattes He is the sole author of a number of books on stretching including his 2000 word text *Active Isolated Stretching The Mattes Method* Mattes is internationally recognized for his techniques in treating pain spinal distortions post polio parkinsonism multiple sclerosis fibromyalgia spinal cord problems and joint replacements Keywords Stretching Active Isolated Stretching Aaron Mattes Flexibility Stretching Book Stretching For Sports Active Stretching Anti Aging Stretching Baseball Stretching Soccer Stretching Tennis Stretching      **Science of Flexibility** Michael J. Alter, 2004 Based on the latest research this revised updated edition includes detailed illustrations throughout an expanded section of scholarly professional references      Therapeutic Chair Massage Ralph Stephens, 2006 Featuring more than 250 full color illustrations and photographs

Therapeutic Chair Massage offers detailed instructions on the appropriate massage strokes stretching techniques and therapeutic routines to use in seated massage for both relaxation and specific therapeutic applications The book also provides foundational information on equipment hygiene sanitation safety contraindications communication and documentation body mechanics and establishing a seated massage business Each chapter includes hands on Experiential Exercises Case Studies with critical thinking questions Clinical Tips from the author s experience and Of Special Interest Boxes that contain related and interesting information Contraindications lists specify conditions that prohibit or limit the use of a particular stroke or technique     Active Isolated Strengthening Aaron L. Mattes,2006-04-01     **Kinesiology - E-Book** Joseph E. Muscolino,2010-10-15 See the body s bones joints and muscles in action Highly visual and in full color Kinesiology The Skeletal System and Muscle Function makes it easy to understand kinesiology concepts and how they would be applied to the treatment of dysfunction It contains over 1 200 illustrations including a bone atlas that shows every bone in the human body and six chapters with detailed illustrated coverage of joints Written by noted educator and author Joseph E Muscolino this book clearly depicts how muscles function as movers antagonists and stabilizers This edition expands its reach to athletic training with two new chapters on stretching and strengthening exercises This title includes additional digital media when purchased in print format For this digital book edition media content may not be included Companion DVD includes over one hour of video demonstrating all the major joint actions of the human body with a voiceover explanation of the names of the motions the planes in which motion occurs and the axes around which motion occurs Unique A focus on the needs of massage therapists and bodyworkers makes it easier to apply kinesiology concepts to the practice of massage therapy Unique A complete bone atlas includes over 100 full color photographs showing every bone in the human body 1 200 full color illustrations help you understand concepts relating to the bones of the human body joints of the human body and muscle function parts A logical easy to reference format moves from basics like parts of the body to more difficult topics such as microphysiology Six chapters on joints cover structure function and terminology with specific illustrations on each joint in the human body joints of the axial body joints of the upper extremity and joints of the lower extremity Student friendly features in each chapter include an outline learning objectives overview key terms with pronunciations and word origins designating the Latin or Greek derivative Clear simple explanations make it easy to understand kinesiology concepts including muscle contraction s coordination of muscles with movement core stabilization posture exercise reflexes and how the nervous system controls and directs the muscular system Expert author Joseph E Muscolino DC offers years of experience in the study of muscles and muscle function as well as bodywork and massage and conveys that information in an understandable format

**Modalities for Massage and Bodywork** Elaine Stillerman,2014-12-18 Ideal for both classroom and practice Modalities for Massage Bodywork 2nd Edition presents 23 modalities of bodywork their history development effects benefits contraindications basic curricula and certification requirements Updated photos and illustrations critical thinking questions

and flash cards give you a better picture of today's massage best practices. Evolve companion website provides matching activities, flash cards, answers to multiple choice questions, weblinks, and video demonstrations of various modalities covered in the text to make learning more interactive. Case histories in each chapter illustrate the effects of the modality within a therapeutic context, creating the opportunity for integrative clinical reasoning that helps prepare you for work in the various modalities. Student objectives and key terms at the start of each chapter provide a framework for what to expect and what to focus on with each chapter. In My Experience boxes provide personal insights about specific techniques from experts in the field. Full color design and techniques shown with photos and illustrations enhance understanding and comprehension of each modality. Multiple choice test questions at the end of each chapter with answers on the Evolve website help you measure your understanding of the modality and obtain instant feedback from the answer key that includes rationales. Suggested readings, resources, and references in each chapter offer robust resources for you to further research each modality. Clinically relevant boxes and tables highlight important information. NEW Modalities chapters provide you with a greater awareness of the opportunities and options available as they pursue a massage therapy career, and practitioners with more practical information they can apply to their work. NEW Student resources on Evolve supplement the classroom experience and ensure you retain the material in the text. 23 different body techniques are introduced to help you learn about different modalities you may want to pursue and reaffirm your knowledge of techniques. More than 2 hours of video on the Evolve website bring the modalities to life and help put the text instructions in perspective. NEW Updated content, photos, and illustrations equip you with the latest information and visuals on modalities from experts in the field that reflect current practices in the field and the needs and wants of massage therapy practitioners and students. NEW Critical thinking questions added to each chapter actively engage and challenge your reasoning skills. NEW Additional review questions added to each chapter supply you with more opportunities to review what you have learned and test your knowledge.

**Functional Soft-tissue Examination and Treatment by Manual Methods** Warren I. Hammer, 2007. In this new edition, chapters from the previous editions have been thoroughly revised and updated, and new material has been added on Myofascial Release, Somatics, Friction massage, and much more.

**TouchAbilities** Iris Burman, Sandy Friedland, 2006. TouchAbilities Essential Connections is a trailblazing work that examines the core characteristics of the many BodyWork modalities practiced today. It presents a common language for all BodyWork practitioners. Using simple and practical examples, the book navigates the reader through universal and recurring concepts and techniques that are represented in various schools of thought. As an introductory guide, it distills all major BodyWork techniques into a familiar palette of touch options from which modalities can be created and developed.

**Spa Management**, 2001. Marathon Training For Dummies Tere Stouffer Drenth, 2003-03-07. In today's modern world, there's no need for anyone to run twenty-five miles to deliver a message as Pheidippides did from Marathon to Athens around 500 B.C. However, hundreds of runners each year run 26.2 miles at

hundreds of marathons worldwide To conquer this mountainous challenge you must know how to properly eat stretch identify and treat injuries and develop a running program that hones your mind and body into a running machine Marathon Training For Dummies is for everyone who has always thought about running a marathon or half marathon 13 1 miles and for seasoned runners who want to tackle the challenge safely and successfully This quick read reference helps all runners Add strength and speed Weight train Improve your technique Eat to maximize endurance Treat injuries Choose your races In just four to six months of dedicated training any runner can be fully prepared to tackle a marathon Map out an exercise program choose shoes and plan the race strategy that will get you across the finish line Marathon Training For Dummies also covers the following topics and more How far how fast Blazing the best trail Stretching methods Doing LSD Long Slow Distance Tempo run training The last 24 hours The best tune up races in North America The week after the marathon With several hundred thousand people finishing marathons each year you ll meet plenty of interesting people running along with you There are numerous rewards for conquering the mental and physical challenges of a marathon and this fun and friendly guide is your road map to achieving them

**Muscle Energy Techniques** Leon Chaitow, Craig Liebenson, 2001 Describes the basis and practice of MET a widely recognized approach to the treatment of musculoskeletal dysfunction It fuses methods used in physical therapy osteopathy and manual medicine The text provides a comprehensive and up to date presentation of the techniques The CD ROM includes video clips to demonstrate the application of the techniques and so supports and supplements the text

The Whartons' Stretch Book Jim Wharton, Phil Wharton, 2019-07-02 Introducing Active Isolated Stretching the revolutionary yet remarkably simple flexibility program featuring 59 stretches for over 55 different sports and everyday activities Whether you re a serious competitor or weekend warrior you know that proper stretching before and after your workout can improve your performance increase your flexibility help prevent injury and make you feel better But did you know that the traditional way of stretching lock your knees bounce hold hurt hold longer actually makes muscles tighter and more prone to injury There s a new and better way to stretch Active Isolated Stretching And with The Whartons Stretch Book the method used successfully by scores of professional amateur and Olympic athletes is now available to everyone This groundbreaking technique developed by researchers coaches and trainers and pioneered by Jim and Phil Wharton is your new exercise prescription The routine is simple First you prepare to stretch one isolated muscle at a time Then you actively contract the muscle opposite the isolated muscle which will then relax in preparation for its stretch You stretch it gently and quickly for no more than two seconds and release it before it goes into its protective contraction Then you repeat Simple but the results are outstanding The Whartons Stretch Book explains it all Part I contains the Active Isolated Stretch Catalog with fully illustrated easy to follow stretches for each of five body zones from neck and shoulders to trunk arms and legs over fifty stretches in all Part II offers specific stretching prescriptions for over fifty five sports and activities from running tennis track and aerobics to skiing skating and swimming You ll also find advice on stretching for daily activities such as driving working

at a desk lifting and keyboarding Part III discusses stretching for life with specific recommendations for expectant mothers and older athletes It also includes specific stretching exercises that could help you avoid unnecessary surgery Give Active Isolated Stretching a try for three weeks You ll never go back to your old stretching routines again Over 40 & Gettin' Stronger Phyllis Broer Rogers,2004 Over 40 Gettin Stronger will guide you page by page through a simple strength training workout All you need are some dumbbells Phyllis tells you what size to buy a straight chair and a bottle of water You ll learn the basic concepts of strength training so your workout will be the most effective you ll learn how to warm up stretch and cool down after your workout Book jacket Dirt! John Howard,1997 Mountain bike techniques by a 12 time national champion and world renowned coach **The Whartons' Stretch Book** Jim Wharton,Phil Wharton,1996-07-09 Introducing Active Isolated Stretching the revolutionary yet remarkably simple flexibility program featuring 59 stretches for over 55 different sports and everyday activities Whether you re a serious competitor or weekend warrior you know that proper stretching before and after your workout can improve your performance increase your flexibility help prevent injury and make you feel better But did you know that the traditional way of stretching lock your knees bounce hold hurt hold longer actually makes muscles tighter and more prone to injury There s a new and better way to stretch Active Isolated Stretching And with The Whartons Stretch Book the method used successfully by scores of professional amateur and Olympic athletes is now available to everyone This groundbreaking technique developed by researchers coaches and trainers and pioneered by Jim and Phil Wharton is your new exercise prescription The routine is simple First you prepare to stretch one isolated muscle at a time Then you actively contract the muscle opposite the isolated muscle which will then relax in preparation for its stretch You stretch it gently and quickly for no more than two seconds and release it before it goes into its protective contraction Then you repeat Simple but the results are outstanding The Whartons Stretch Book explains it all Part I contains the Active Isolated Stretch Catalog with fully illustrated easy to follow stretches for each of five body zones from neck and shoulders to trunk arms and legs over fifty stretches in all Part II offers specific stretching prescriptions for over fifty five sports and activities from running tennis track and aerobics to skiing skating and swimming You ll also find advice on stretching for daily activities such as driving working at a desk lifting and keyboarding Part III discusses stretching for life with specific recommendations for expectant mothers and older athletes It also includes specific stretching exercises that could help you avoid unnecessary surgery Give Active Isolated Stretching a try for three weeks You ll never go back to your old stretching routines again **Exercise Prescription and the Back** Wendell Liemohn,2001 A unique manual presenting the role of exercise in the remediation and prevention of back pain The book takes exercise physiology and applies to the back area examining the trunk flexibility and range of motion aerobic conditioning and more Includes an introduction to aquatic therapy therapy for spine pain and therapeutic exercise research **Active Isolated Stretching** Alison Longo,2010

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