

Active Isolated Stretch

6 great exercises



Active Isolated Stretching

Michael J. Alter



Active Isolated Stretching:

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 Active Isolated Stretching Aaron L. Mattes, 2000 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 **Aaron Mattes' Active Isolated Stretching** Aaron L. Mattes, 2012 **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 Active Isolated Stretching Alison Longo, 2010 **NASM Essentials of Personal Fitness Training**, 2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM s Optimum Performance Training OPT model The OPT model presents NASM s protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps

each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions

Clinical Application of Neuromuscular Techniques: The upper body Leon Chaitow, Judith DeLany, 2008-01-01

Discusses theories and physiology relevant to the manual treatment of chronic pain especially as it regards the soft tissues of the upper body Includes step by step protocols that address each muscle of a region and a regional approach to treatment and gives a structural review of each region including ligaments and functional anatomy **The Wharton's Back Book** Jim

Wharton, Phil Wharton, 2003-08-23 Describes a method of reducing pain and back injury that has been used by celebrities Olympic medalists and other sport figures *Frozen Shoulder Workbook* Clair Davies, 2006 From the renowned author of

the best selling Trigger Point Therapy Workbook comes this first ever book of self care techniques for frozen shoulder a very common painful and mobility restricting condition **The Efficacy of Active Isolated Stretching in the Improvement of**

Hamstring Flexibility Brad Johnson, 1998 **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 *Running Economy* Abhilekh S. Thakur, 2009 *Marathon Training For*

Dummies Tere Stouffer Drenth, 2011-05-04 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 full y 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 **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 **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 provides 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 ensures you retain the material in the text 23

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[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

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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

A Comparison of the Effects of Static Vs. Active-isolated Stretching on Increasing Hip Flexion Range of Motion Mikki McNulty,1995 *The Wharton's Complete Book of Fitness* Jim Wharton,2003

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