

# ACTIVE ISOLATED STRETCHING: THE MATTES METHOD



By  
AARON L. MATTES

# Active Isolated Stretching The Mattes Method

**Aaron L. Mattes**



## **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

**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

**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

*Where It Hurts and Why* Angela Sehgal,Kim Ortloff,2005 Pain is the number one reason American visit their doctors Back pain muscle aches arthritis affect millions of people daily limiting their activities and costing billions in medical care Much of this suffering is unnecessary Where It Hurts and Why can help readers take charge of their pain and become proactive in their own recovery Individual chapters provide detailed recommendations for specific areas of the body and also instructions for immediate treatment of acute pain

*Clinical Application of Neuromuscular Techniques* Leon Chaitow,Judith DeLany,2005-01-01 Designed to assist the student in acquiring and applying the ideas concepts and methods contained in the two volumes of Clinical Application of Neuromuscular Techniques This title presents 34 case histories differential diagnosis discussions and questions Questions regarding contra indications tests and details are also provided

**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 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

*Facilitated Stretching* Robert E. McAtee, Jeff Charland, 2007 Understanding the basics of stretching Focusing on facilitated stretching Using the spiral diagonal patterns of PNF Stretches for the lower extremity Stretches for the upper extremity Stretches for the neck and torso Combining techniques to release fibrotic tissue Stretching routines for specific activities Routines for common soft tissue injuries

Active Isolated Strengthening Aaron L. Mattes, 2006-04-01 **Massage Fusion** Rachel Fairweather, Meghan Mari, 2015-07-01 Massage Fusion is an essential companion for any manual therapist interested in treating common pain issues Acclaimed teachers and therapists Rachel Fairweather and Meghan Mari offer a practical and dynamic step by step approach to gaining results with persistent client problems such as low back pain neck pain headaches carpal tunnel syndrome TMJ disorders stress related conditions and stubborn sporting injuries The book outlines a clear and evidence based rationale to treatment using a clinically tried and tested combination of advanced massage techniques including myofascial work trigger point therapy acupressure stretching and client self care suggestions Named after the authors successful UK based training company the Jing method has helped thousands of therapists build their practices Beautifully illustrated with clear photographs of each step this book gives massage therapists a tried and tested blueprint for approaching chronic pain conditions with confidence Drawing on both the available evidence and several decades of clinical experience Massage Fusion brings together art and science East and West philosophy and psychology into a joyful exploration of how to gain the best results for your clients A must read for all bodyworkers who want to be the best

*Facilitated Stretching, 4E* Robert McAtee, 2013-11-18 Facilitated Stretching Fourth Edition examines techniques and guidelines for PNF stretches in a variety of settings Stretches are demonstrated on a treatment table mat on the floor chair cable pulley machine and weightlifting bench Stretches are grouped according to each joint and the majority of the stretches include both a partner stretch version and a self stretch version As in previous editions specific routines are included for cycling golf running swimming throwing and racket sports and now ice hockey It also includes general stretches for everyday use plus stretches for those with rusty hinges These ready made stretching routines make it easy to incorporate facilitated

stretching into a workout regimen and take the guesswork out of organizing a stretching routine to match the needs of a specific sport

*Fascial Stretch Therapy - Second Edition* Ann Frederick, Chris Frederick, 2020-07-24 The new edition of this highly successful book written by Ann and Chris Frederick directors of the Stretch to Win Institute is packed with theory and practice including a host of beautifully illustrated assisted stretches Fascial Stretch Therapy™ Second edition is a practical and highly applicable manual for any massage therapist movement instructor physical or occupational therapist athletic or sports trainer fitness instructor or osteopath in fact for any hands on practitioners who wants to learn new skills and improve therapeutic outcomes It clearly demonstrates how FSTTM assessment treatment and training are used in a variety of common circumstances encountered in manual therapy and athletic training What's new for the second edition Discusses a very brief history of a still expanding and evolving new industry of assisted stretching It also covers the negative aspects of this trend including the lack of assessments and specificity and common stretching methods Approaches are listed so you can compare and contrast Includes a new Chapter 2 with updates of the highest quality evidence based research useful to the field of assisted stretching It includes the authors own research about the effects of FSTTM on chronic nonspecific low back pain as well as a discussion about a recent systematic review of the acute effects of muscle stretching on physical performance range of motion and injury incidence in healthy active individuals Lists contraindications and indications for FSTTM along with new updates to reflect current understandings e.g. about Golgi tendon organs with supporting references Shows how this method will save you time when forming a working hypothesis that will quickly be proven or disproven so that you will have enough time to develop other hypotheses that you can test for efficacy all within a single session Includes new photographs and artwork along with new titles to reflect the change in nomenclature from the use of the term fascial lines to fascial nets

**Textbook of Remedial Massage** Sandra Grace, Mark Philip Deal, Jane Graves, 2012 A comprehensive practical book for students and practitioners of remedial massage Textbook of Remedial Massage comprises three sections The first section reframes assessment of remedial massage clients to align with current research The second section provides clear and comprehensive instruction in commonly used and highly valued remedial massage techniques e.g. trigger points CRAC stretching myofascial release etc and is accompanied by illustrations and photographs The exposition of each practical technique is accompanied by a rationale based on physiological principles and current supporting evidence for its efficacy Crucially contraindications and precautions are explained for each technique The final section of the book applies remedial massage techniques to regions of the body lumbar cervical thoracics head face chest and pelvis Acknowledging that remedial massage therapists are often primary contact practitioners the book gives readers essential information for assessing the suitability of clients for remedial massage and the essential knowledge for adapting techniques to individual clients Detailed assessment technique Evidence based approach Anatomy described in functional terms Bonus Feature with print purchase only The print textbook includes an accompanying DVD with videos of content covered in book The DVD

content is divided up into assessment and treatment techniques

**Orthopedic Massage** Whitney W. Lowe, 2009-04-08 Fully updated and revised Orthopedic Massage has been written for those interested in understanding and applying massage as an intervention for soft tissue disorders Recent research into the physiological effects of massage has strengthened the justification for its use in the treatment of soft tissue pain and injury conditions Orthopedic soft tissue problems are common among the general population whether from sports occupational activities or chronic pain This text presents a comprehensive and in depth look at the physiological nature of these conditions and the massage treatments most effective for their relief A particular contribution this text makes is its validation for the role of massage in treating orthopedic conditions In addition it aims to help the clinician understand the relationship between the soft tissues to which they apply their techniques and the overall orthopedic disorder affecting their clients Although written chiefly for massage practitioners the lessons it teaches are relevant to any practitioner who is concerned with the treatment of soft tissue injuries Includes detailed technical information extensive illustrations and reliable reference material essential to everyday practice Provides a comprehensive approach to treatment of common soft tissue pain and injury Explains common orthopedic problems in detail addressing biomechanics kinesiology and anatomy Provides an in depth discussion of the physiologic rationale for soft tissue treatments and explains those most effective for each condition Integrates treatment approaches from across the field and gives detailed easy to follow steps for their application Compares traditional treatments with soft tissue manipulation for each problem discussed Clearly links anatomy physiology and biomechanics with clinical practice Designed for quick and easy reference with more than 200 high quality full colour illustrations and numerous photos of treatment techniques New clinical case studies and tips illustrate the techniques discussed Now presented in full colour New step by step photographs depict the techniques described in full detail Increased artwork and photographs make learning more visual Case studies demonstrate techniques and management in clinical practice Clinical hints and tips throughout Greater guidance in treatment strategies to include Treatment Approaches and Rehabilitation Protocol Considerations

**E-Book - Clinical Application of Neuromuscular Techniques, Volume 1** Leon Chaitow, Judith DeLany, 2008-03-06 The book discusses theories and physiology relevant to the manual treatment of chronic pain especially as it regards the soft tissues of the upper body Step by step protocols that address each muscle of a region and a regional approach to treatment are features that make this book unique A structural review of each region including ligaments and functional anatomy adds value for new students and practitioners alike Comprehensive one stop text on care of somatic pain and dysfunction Designed and written to meet the needs of those working with neuromuscular dysfunction in a variety of professions All muscles covered from perspective of assessment treatment of myofascial pain Describes the normal anatomy and physiology as well as the dysfunctions which may arise Gives indications for treatments and guidance on making the appropriate treatment choice for each patient Combines NMT MET PR and much more to give a variety of treatment options for each case Describes the different NMT

techniques in relation to the joint anatomy involved Practical step by step technique descriptions Includes not only manual techniques but also acupuncture hydrotherapies and nutritional support as well as guidance for the patient in the use of self help approaches Two color format Up to date evidence based content     Optimal Muscle Training Ken Kinakin,2009 Looks at how muscles function provides tests to determine the ability to do weight training exercises and includes exercise to improve muscle function and strength     **Spa Management** ,2001     *Everyday Strong* T.S Avini,2025-08-20 Everyday Strong is an empowering guide to harnessing personal strength for real world applications This bookdelves into the overlooked aspects of strength that fuel resilience and personal growth Whether it s developingphysical resilience enhancing mental toughness or cultivating emotional fortitude each chapter provides practicalstrategies to apply in daily life Discover the critical role nutrition plays in maintaining overall strength and learn how to design a realisticexercise routine suited to your lifestyle Explore techniques for improving balance flexibility and core stability that enhance your day to day activities Through engaging chapters readers will learn to build robust personal and professional relationships and managestress effectively The insights into harnessing emotional intelligence and cultivating a growth mindset offer toolsfor thriving in a competitive world Join the journey to unlocking your fullest potential by realizing the strength you carry withinyou every day Take action now and let Everyday Strong guide you toward a lifetime of resilience and empowerment

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