



Course Proposal and Presenter Qulaifications for:

Active Isolated Stretching

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Advanced AIS practitioner, Certified AIS instructor



#846

Course Name: AIS Foundations 1

Course Duration: 16 hours – 2 Days

Price of Course: \$385.00

Purpose of the Seminar

AIS is a vital component to the prevention of injury and rehabilitation. It is an important adjunct to improved mobility and thus facilitates the healing of most injuries.

The AIS seminars empower all manual therapists with the full compliment of AIS protocols as they pertain to clinical treatments and problems related to a client's pain or physical restrictions.

Active Isolated Stretching is a method of muscle lengthening and fascial release, thereby providing functional and physiological restoration of superficial and deep fascial planes.

The AIS Foundations 1 and 2 seminars are designed to explain how to help their clients in five key areas:

- i. Self-care for participants and clients
- ii. Reducing pain and inflammation through Active Isolated Stretching.
- iii. Improving a body's alignment and postural restoration through enhanced joint function and strength.
- iv. Reorganization of fascial planes, ultimately allowing for greater balance and structural function.
- v. Injury prevention and rehabilitation.
- vi. Performance enhancement.

These seminars offer therapist the tools to achieve maximum results with minimum effort. AIS optimizes a body's range of motion, promoting functional and physiological restoration of myofascia and joint tissues, offering massage therapists greater access to the deeper myofascial tissues without applying greater pressure.

Theory Behind the Technique

Active Isolated Stretching involves an active contraction of a muscle, sending a message the targeted muscle to release in preparation for stretching. This is otherwise known as reciprocal inhibition. Sherrington's Law states: "*A muscle will do either one of two things: it will contract or it will release.*" Meaning that a muscle cannot stretch and contract at the same time. Adhering to Sherrington's Law, while one muscle is contracting, the targeted muscle will allow itself to release and be stretched.

The Fundamental Differences

Working with the body's natural physiological makeup, the AIS technique holds each stretch for only two seconds.

The 2-Second Rule

An Active Isolated Stretch lasts no more than 2.0 seconds.

Using a stretch of no more than two seconds allows the target muscle to optimally lengthen without triggering the myotatic reflex, which, after 1.5 to two seconds, inhibits the stretch potential of a muscle.

What Stretching Canada™ seminar participants will learn.

Active Isolated Stretching Is a safe and effective method that will enhance any therapist's existing modalities, empowering both the therapist and client.

The Stretching Canada seminars are designed for anyone concerned about health and wellness, particularly massage and manual therapists. The AIS student will find this work effective in postural restoration, performance enhancement and injury prevention. They will also find it a powerful adjunct for rehabilitation. Self- and Assisted stretching will be performed between workshop participants on massage tables as well as sitting and standing.

Self-Stretching and Client Home Care.

A crucial part of the seminar is Self- care techniques – this is essential for the longevity of the therapist but also acts as a powerful tool that clients can be shown and utilize for the rest of their lives.

Participants will learn self-stretching techniques as well as how to safely assist and guide another in this therapeutic process. There will be demonstrations and explanations and extensive open discussions on the clinical applications of this technique as we proceed through each of the 2 days. In-depth discussions are encouraged for how and when a manual/massage therapist might go about implementing this technique as well as how to explain the difference to clients and ways of advertising the service.

The teaching of the AIS technique will be achieved through 20% lecture/demonstration and 80% practice amongst participants.

Methods of teaching

All protocol demonstrations are done using the participants of the seminar. prior to the participants pairing off and working together. In many cases the stretches are strung together as a protocol as it would be used in a clinical setting.

Prior to moving on to the next stretch (or protocol), a portion of the previous demonstration may be repeated to restate the finer nuances of therapists' body mechanics and or hand positioning. Time permitting, we work in groups of 3, which promotes dialogue and a fresh perspective for both the 'therapist', 'client' and the 'critiquer/observer'. Students are invited to evaluate each others' work and offer fresh perspectives.

Teaching aids and text books

- Stretching Canada AIS Foundation 1 and 2 manual with sequential photographs and corresponding text with overview of AIS Principles, Therapist physical actions and table position as well as hand position (active and stabilizing), client keys, rules of thumb and general precautions.
- Keynote (Powerpoint) presentation with LCD projections depicting the specific muscle groups to be stretched.
- Sequential color photos are left up on the screen for participants to refer to while they work through that protocol.

Presenter Qualifications

As Founder of Stretching Canada and owner of PJE Therapeutics, Paul John Elliott has accumulated over 10,000 hours of practical, clinical, and teaching hours with Active Isolated Stretching. NCBTMB Approved provider #846

- 2002 - Graduated from 1250-hr massage therapy course from the Natural Health Consultants Institute – Montreal, Quebec.
- 2003 - Member of the Association des Massotherapeutes de Quebec (A.M.P.Q.)
- 2003 - Received his certificate in Active Isolate Stretching from Aaron Mattes.
- 2005 - Received his AIS teacher's status from Aaron in
- 2005 - At the behest of Aaron Mattes Stretching Canada was founded to carry on the work of Aaron Mattes in Canada.
- 2008 – Advanced AIS therapist status and Advanced AIS seminar assistant. Granted by Aaron Mattes, Roger McNeal and Dr. Jeff Haggquist.
- Stretching Canada's Foundations and Advanced AIS courses have been accredited to award Continuing Education Credits by most of Canada's massage therapy and kinesiology associations as well as Canadian Athletic Therapy Association (CATA).
- Since 2005 Stretching Canada has taught over 100 3-day and 2-day seminars nation wide. Has offered full and half-day lecture/workshops and worked with elite running and swimming teams.
- 2014 - Published by Mosby/Elsevier – Chapter 1 of Elaine Stillerman's "Modalities for Massage and Manual Therapies"
- Written numerous articles on Active Isolated Stretching for massage magazines, Associations and running periodicals.

About Stretching Canada™

Stretching Canada focuses on empowering its seminar participants with the tools that can help their clients (and themselves!) to regain or improve their quality of life. Stretching Canada is designed to help massage and manual therapists, personal and athletic trainers breakthrough to new levels of health and flexibility. As founder of Stretching Canada Paul is an enthusiastic, dedicated teacher who is generous with his information and wisdom. He shares his work with warmth and refreshing simplicity. Paul works diligently with workshop participants to ensure their ability to perform the techniques correctly.

Contact Information:

Stretching Canada
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Course Contents and Protocols

Assisted and Self-Stretching

- Shoulders and Shoulder Girdle
- Cervical Spine
- Elbows, Wrist, Fingers, Thumbs.
- Gastrocnemius and Soleus
- Hamstrings – Proximal, Distal, Belly
- Adductor and Abductors
- Gluteals - Max/Med/Min
- Quadriceps - Distal, Belly
- Ankles, Arches and Toes

2-Day Course Breakdown

Breaks are given regularly – though not always at the same time as below. Depending on the day and how difficult the material is for some, an extra break may be necessary.

DAY 1

9 a.m. to 9:45 - :50 a.m. Opening Lecture

- Purpose of stretching.
- Principles of AIS.
- Reasons for lack of flexibility.
- Physiology of Fascia.
- Physiology of muscle movement.
- Overview of problems, conditions and contraindications.
- Open Discussion of when to stretch.

10 minute break

10:00 a.m. – 12:30 p.m.

- Shoulder and Shoulder Girdle

12:30 – 1:30 p.m. Lunch Break

1:30 p.m. to 3:45 - :50 p.m.

- Cervical Spine

10 - 15 minute break

4:00 p.m. to 5:45 p.m.

- Cervical Spine (continued)

5:45 – 6:00 p.m. Recap with Q & A

DAY 2

9:00 a.m. - 9:15 a.m.

- Discussion and Q & A from Day-1.

9:15 a.m. – 9:30 a.m.

- Self-stretching warm-up - Cervical Spine. Self-Caree for wrists, fingers and thumbs

9:30a.m. to 11:00 a.m.

- Gastrocnemius and Hamstrings

10 - 15 minute break

11:15 a.m. – 12:30 p.m.

- Abductors and Adductors.

12:30 to 1:30 p.m Lunch

1:30 p.m. to 2:15 p.m.

- Quadriceps

2:15 p.m. – 3:15 p.m.

- Gluteals

10 - 15 minute break

3:30 p.m. - 4:30 p.m.

- Piriformis

4:30 p.m. to 5:45 p.m.

- Ankle, Arches and Toes

5:45 p.m. Recap with Q & A