



Mike O'Quin, LMT, MMP

Mike O'Quin has dedicated his life to making people feel good. He is conscience of the value of staying up to date by attending hands-on training with the best.

Stretching has been a hot topic within the sports community for years, with much of the debate centered upon whether or not stretching is actually good for you and, if so, what type of stretching actually works?



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*Active Isolated
Stretching...*

*Gain Greater
Flexibility and
Movement
Fast and Safe!*

Active isolated Stretching (AIS) accommodates a number of very important considerations. The body is put in the best anatomical position: to maximize an isolated stretch and to warrant safety. You hold each position for only two to three seconds; then you return to the start position and relax.

The stretch is repeated eight to 12 times for optimal results. The benefit of repetitions is to increase blood flow, oxygen and nutrition to the muscle tissues. In effect, AIS is a warm-up in itself.

According to Aaron Mattes, the creator of Active Isolated Stretching, "The Mattes Method incorporates a key concept, which states that only relaxed myofascial structures will allow themselves to be optimally stretched. Adhering to Wolff's and Sherrington's Laws, the Mattes Method facilitates optimal myofascial stretching of isolated muscles without activating a protective myotatic reflex contraction. The Mattes Method utilizes a gradual stretch of no greater than 2.0 seconds, promoting full range of motion and flexibility without activating antagonistic muscle group contraction."

Aaron Mattes has developed this method of proper athletic stretching over the past 35 years, working with thousands of patients, doctors, and health professionals. Aaron Mattes has been improving people's lives, their health, and their ability to become more flexible.



Benefits of AIS

- » Improve circulation
- » Increase muscle elasticity
- » Elongate fascia
- » Increase muscle power
- » Decrease joint stress
- » Reduce risk for muscle strain
- » Improve performance potential
- » Increase range of motion
- » Decrease risk of muscle spasms
- » Decrease recovery time
- » Increase oxygenation of muscles
- » Increase the delivery of nutrients throughout the body
- » Aid in the elimination of toxins in the body after exercise
- » Reduce the risk of injury
- » Increase neuromuscular education of the muscle
- » Decrease muscle imbalance

What Do You Get From Me?

- » A personalized rehabilitation program
- » Maximal strength and performance
- » Sport specific performance enhancement
- » Injury rehabilitation and prevention
- » Reduced risk of injury
- » Self-sufficient training



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