

SPECIFIC STRETCHING FOR EVERYONE



ADAPTED FROM ACTIVE ISOLATED STRETCHING: THE MATTES METHOD

By
AARON L. MATTES

Specific Stretching For Everyone

Elaine Stillerman



Specific Stretching For Everyone:

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 Rehabilitation 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.

Specific Stretching for Everyone, 2013 **Specific Stretching for Everyone** Aaron L. Mattes, 2000 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 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

Everyone's Guide to Cancer Supportive Care Ernest

Rosenbaum,Isadora Rosenbaum,2012-01-10 This new companion book to AMP s highly successful Everyone s Guide to Cancer Therapy now in its fourth edition is a comprehensive hands on guide for patients and their families who face cancer s many challenges Knowledge and information provide the greatest tools and greatest comforts for anyone fighting cancer or helping a family member or friend who is Now AMP bolsters that strength giving arsenal with Everyone s Guide to Cancer Supportive Care Through more than 50 chapters cancer care specialists Ernest and Isadora Rosenbaum along with nearly 80 other medical experts answer every conceivable question concerning a cancer patient s physical psychological and spiritual needs This extremely effective format first appeared as Supportive Cancer Care Sourcebooks 2001 but we ve completely revised and updated the entire book to reflect the latest care advances and techniques The wide range of covered topics includes Understanding cancer and its treatments Chemotherapy and bone marrow transplant side effects Stress and cancer The will to live Cancer and spirituality Sexuality Nutritional considerations Rehabilitation and fitness With this book cancer patients and those who care for them can make informed decisions face the disease with renewed courage and care for both their well being and their bodies The Rosenbaums provide an incredible source of information and hope in the face of this frightening illness

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

Stretching Bob Anderson, 2010 The 30th anniversary edition features two color inks to better define the muscle groups helped by each stretching exercise A new section focuses on office fitness exercises **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

Stepping Forward HOWARD ELAKMAN, 2009-05-14 Howard Elakman did not begin running until he was thirty eight

but now he has more than forty years of running experience And that makes him an expert in the field In 2002 he earned certification with the Road Runners Club of America and he still takes continuing education courses with the group In 2003 he received his level one certification from USA Track and Field Running has allowed him to eat almost as much as he wants remain healthy and make new friends In this book youll find out how to develop a running routine that will improve your health and your personal life too Youll learn What to do before beginning a running program How to prepare yourself mentally Ways to stretch and enhance your muscles Proper safety precautions What to expect at marathons And much more Find the runner within you and choose a road that will lead to a healthier life and new friendships Decide to get started now with Stepping Forward A Runners Guide to Moving for Life

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