

## MY HISTORY WITH AISS

Thomas came across Active Isolated Stretching completely on accident. He was teaching at the Hudson Valley School of Massage Therapy and needed a few more hours of continuing education for the year.

Dr. Ben E. Benjamin was teaching a seminar on AISS and offering the last few seats at a discount. The course focused on the hip and lower back. By the end of the first day, he couldn't believe how his hips felt. Not only did they feel looser and mobilized, they felt alive! He attributed this to the improved connection between the central nervous system and the muscles in the hip.

He started using these techniques right away and was amazed at how AISS affected his practice!

- Chronic pain clients were feeling better than ever!
- Injury clients were recovering faster and experiencing longer lasting results!
- Athletic clients were already swearing by these new stretches they learned.



## TAKE BETTER CARE OF YOURSELF

One of the best aspects of AISS is that most of the techniques have been modified so that you can perform these stretches on yourself! Throughout a number of treatment sessions, you will learn how to do the stretches that are right for you on your own, so that you are empowered to take care of yourself and become less and less dependant on the practitioner. No matter where you are, you can reap the benefits of AISS!



Bring in this coupon for

**20% off** \*  
your first **Active Isolated Stretching** appointment

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# Active Isolated Stretching and Strengthening



**The Mattes Method:  
Stretching That Works!**

## MEET THOMAS J DUBOIS LMT NCTMB



Thomas specializes in Orthopedic massage and AISS. In 2012, he received permission from Aaron Mattes, the founder of the Active Isolated Stretching/ Strengthening technique, to teach AISS to the massage community as continuing education. Thomas has been practicing in the massage and bodywork profession for over 10 years, and has trained therapists who work alongside him.

*"I believe my success as a massage therapist comes from practicing what I preach. I believe in living a very healthy lifestyle so that I can be dynamic in my life. It is my passion to help my clients reach their healthiest wellbeing. I enjoy pinpointing a problem and helping my clients realize their body's own ability to eliminate that problem and reach its highest potential."*

*"Thomas' support has been a big factor in controlling my lower back pain. I would recommend him to anyone who seeks a knowledgeable, professional expert."* - David

*"I've had AISS sessions with Thomas for a year. I noticed the benefits immediately. As a vigorous recreational athlete and weight lifter, my range of motion and flexibility always came second, and my body suffered for it. Thomas was able to show me stretches that improved my range of motion, decreased my pain and accelerated my exercise performance. AISS is the most beneficial way to isolate and stretch targeted muscle groups, and has become the foundation to my routine."* - Rachael

## WHAT IS ACTIVE ISOLATED STRETCHING?

Active Isolated Stretching/ Strengthening (AISS) is a complete form of bodywork that has been in development by Kinesiologist Arron L Mattes for the past 30 years. It is the most effective and specific form of stretching and muscle activation in the bodywork world.

AISS is more than just stretching. It is a complete form of bodywork that optimizes the performance and function of our muscles by quickly enhancing flexibility, nerve conduction, and control in our musculature. The result is better mobility, blood flow, enhanced waste removal and quicker firing speed to each individual muscle group that is treated.



## WHO BENEFITS FROM AISS?

AISS is beneficial in treating a wide range of patients. In addition to lengthening muscles and enhancing flexibility, Active Isolated Stretching's real effectiveness is in enhancing the neurological connection between the central nervous system and the target muscle. AISS was originally developed to work with neurological conditions such as Parkinson's disease, Multiple Sclerosis, and Cerebral Palsy. These patients have found increased function, reduced spasm and tremor and have even regained some motion considered to be lost forever.

AISS quickly made its way into the athletic field, to improve muscle and joint function. If this work could produce such results on these life altering conditions, just imagine what it can do for the healthy athlete! Athletes experience enhanced control over their muscles, quicker firing speed, faster recovery time, and decreased susceptibility to injury!

AISS also works wonders on injuries and chronic pain.

### Some conditions commonly treated are:

- Arthritis
- Tednitis
- Sprains/ Strains
- Fatigue
- Fibromyalgia
- Plantar Fasciitis
- Headaches / Migranes
- Post-Surgical Recovery
- TMJ Dysfunction
- Sciatica
- Sports Injuries
- Low Back Pain
- Disc Injuries
- Spondylolysthesis
- Scoliosis
- Tenosynovitis
- Osgood-Schlatter's Disease
- Iliotibial Band Syndrome
- Carpal Tunnel Syndrome
- Tarsal Tunnel Syndrome
- Neurologic conditions including Cerebral Palsy, Post Polio Syndrome, Parkinson's Disease, Multiple Sclerosis and more!