

Active Isolated Stretching: The Mattes Method

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Many experts have advocated prolonged stretch up to 60 seconds. For years, this prolonged static stretching technique was the gold standard for individuals and athletes. However, prolonged static stretch greater than five seconds actually decrease the blood flow within the tissue creating localized ischemia and lactic acid build up. Ischemia from a static stretch of greater than five seconds potentiates irritation or injury of local muscular, tendonous, lymphatic, as well as neural tissues, similar to the effects and consequences of trauma, overuse syndromes, and metabolic disease states. The Mattes Method of muscle and fascial release is founded on controlling the body's stretch reflexes in conjunction to specific isolated manual release of individual muscles and their corresponding muscle groups. Mattes Method myofascial release technique incorporates AIS which uses active movement and reciprocal inhibition to achieve optimal flexibility. Using a 2.0-second stretch has proven to be the key in avoiding reflexive contraction of the antagonistic muscle. Without activating antagonistic muscle group contraction, restoration of full range of motion and flexibility can be successfully achieved. The Mattes Method of muscle and fascial release provides effective dynamic stretch of major muscle groups, but more importantly functional physiological restoration of muscle, tendons, vertebrae, ligaments and joints facilitating healthier superficial and deep fascial structures. The Mattes Method is an effective therapeutic treatment for deep and superficial fascial release, restoring proper fascial plane symmetry for optimal physiologic functioning of neural, lymphatic, vascular systems as well as our body's bio-chemical, biomechanical, and piezoelectric homeostatis. Physicians, chiropractors, physical therapists, exercise physiologists, massage therapists, trainers, coaches, athletes, as well as anyone concerned about wellness and health will find this book informative and effective.

Other Books

Massage Fusion, 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!

?, ?, ?, ?, ? . The Jing Method for the Treatment of Chronic Pain Rachel Fairweather, Meghan Mari ... Chow TPY, Ng GYF 2010 Active, passive and proprioceptive neuromuscular facilitation stretching are comparable in improving the knee flexion range in ..."