

Injuries:



This goes out to all physicians, chiropractors, physical therapists, exercise physiologists, sport and exercise technologists, sport scientists, massage therapists, trainers, coaches, athlete's as well as anyone concerned about wellness and health will find Active Isolated stretching effective in postural restoration, injury prevention and the enhanced speed in regeneration of injuries.

Trauma and overuse is definitely the biggest factor in muscle stiffness and injuries, which will in turn lead to further imbalances in the body. Muscles have the capacity to be stretched up to 1.6times their resting length. However, muscles tear and rupture beyond this length. All muscle tears result in bleeding at the site of the tear. Bleeding promotes scar tissue formation, which is how the body naturally heals itself. The scar tissue is stiff and non-flexible unlike the normal muscle tissue. Wherever flexibility is compromised, muscle weakness and contractors develop. (*Myers, T.W. 1997*)

The change of occurrence of any type of physical Injury can be decreased significantly when engaging in a proper stretching program, As well as Formation of ineffective scar tissue formation after any injury can be completely eliminated with AIS. Due to its unique technique and physiological approach, this would just be the best method in the world for effective restoration of soft tissue injuries, increased blood flow, and removal of toxins and edema.

We at StretchingSA do believe in immediate mobilization of any injury with no involved fracture, not via vigorous palpation of the specific area, and not via electronic devices but via 'hands on' techniques, giving a controlled and isolated movement of specific muscles around the area.

Stretching SA has mastered the techniques of AIS the mattes method under the guidance of Aaron L. Mattes himself, and have gained such a thorough understanding of human movement, that we are capable of educating and assisting anyone in need.