



# Active Isolated Stretching

*Aaron L. Mattes*

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## **Active Isolated Stretching** Aaron L. Mattes

Aaron Mattes' method of stretching could prevent countless injuries and rehabilitate others who have given up hope. I also recommend the Whartons Stretch book, which is another presentation of this same method. I have seen impressive results in a number of injury rehabilitation situations, in a short period of time. I also recommend the video. It takes time and dedication to learn these stretching routines, but it is worthwhile (and you will feel great!). If you can locate a Personal Trainer or Certified Massage Therapist who is knowledgeable in this method to help you learn the routines, and then use the book for reference, you'll have the best of both worlds.

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