



AIS Northwest, LLC
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Certification Programs

Basic Level

Upon completing the Basic Level program successfully, the practitioner is an “Active Isolated Stretching Specialist” certified by AIS Northwest, LLC.

Certification by AIS Northwest requires completing the following requirements:

1) 70 CE (Continued Education) Contact Hours instruction in stretching protocols for the entire body – **both self-care and assisted**. The following is a guideline for the distribution of required educational hours; however, **a student can test out at anytime their competency level reaches Basic Level** without completing the full 70 CE Contact Hours requirement. It is the student’s responsibility to document the completion of CE Contact Hours.

- 16 CE Hours: Cervical Spine, Shoulders, Jaw
- 16 CE Hours: Lumbar Spine, Pelvis, Hips & Knees
- 16 CE Hours: Upper and Lower Extremities
- 22 CE Hours: Review Intensives (8 for shoulders/neck; 8 for lumbar spine/hips/legs; 3 for elbows to fingers; 3 for ankles to toes)

2) 70 CE Contact Hours must be completed within a two-year period. Cost: Approx. \$1300 (cost varies depending on location) plus \$25 administrative fee.

Basic level classes can be taken in any order, at any location offered. A complete list of currently offered classes for AIS certification can be found at www.aisnorthwest.com. Submit copies of certificates of completion with your application.

3) Competency Test: Show complete understanding of the entire Active Isolated Stretching protocol with an assigned instructor. Expect to spend 4-6 hours with an assigned instructor demonstrating your skill level. Cost: \$250

Advanced Level

Upon completing the Advanced Level program successfully, the practitioner is an “Advanced Active Isolated Stretching Specialist” certified by AIS Northwest, LLC.

Certification by AIS Northwest requires completing the following requirements:

1. Completion of Basic Level.
2. 1st Practicum: 3-hour treatments of 9 patients for a total of 27 hours with submittal of written reports and feedback from assigned instructor.
3. Demonstrated competency with all protocols by applying your knowledge and expertise in AIS with 3 out of the 9 treated patients resulting in verifiable improvement of pre-treatment symptoms. Actual improvement of symptoms will be derived from before and after reports. A format for submitting reports will be provided by AIS Northwest, LLC upon registering.
4. Direct Supervision: One 3-hour treatment of a patient under supervision of an assigned instructor. (The instructor is paid for his/her time @ a cost of \$90.)
5. 2nd Practicum: 4 hours going through the entire protocol with the assigned instructor and 4 hours receiving treatment from the instructor. (The assigned instructor is paid for his/her time. Cost: \$250/ 8-hour day.)

Total Cost: Approximately \$1300 for Basic Level plus \$390 (\$340 for instructor supervision; \$50 administrative fee).

A student may repeat the certification process as often as he or she likes until successful outcomes have been attained.

Registration: AIS Northwest, LLC, aisnw@comcast.net, (360) 738-9800