



Manual Ligament Therapy and Active Isolated Stretching
for the Shoulders & Neck
June 15th & 16th, 2013
Olympia, WA

Learn this dynamic technique for stretching muscles and fascia along fascial lines and specific to joint movement. Based on the principles of **Active Isolated Stretching** (AIS) developed by Aaron Mattes, this stretching system restores greater joint mobility, reduces muscular and fascial tension, corrects aberrant neurological firing and dramatically increases blood and lymph circulation for faster healing from injury. Aaron's discovery of the time sensitivity of the spindle cells makes this approach unique for stretching muscle and fascia. Each stretch is held for about 2 seconds to avoid triggering a myotactic stretch reflex. Active and repeated muscle contractions return restorative blood and lymphatic flow to the body decreasing inflammation.

This class is also an introduction to **Manual Ligament Therapy** (MLT) developed by Arik Gohl, as it relates to the upper quadrant. Joshua will teach you about the physiology behind this technique and give you a new understanding of ligaments and the role they play in muscle and fascial dysfunction. Almost effortlessly you will learn how to create quick change in your clients' dysfunction that lasts!

Leave class with the knowledge on how to apply MLT and AIS to treat the muscles and fascia, stretch yourself and assist your clients. This class covers every stretch you need in order to treat a wide variety of disorders in the shoulders and the cervical spine. The material presented will address issues such as frozen shoulder, thoracic outlet syndrome and other upper body disorders. The topic of stability will also be addressed.

Instructor: Joshua Morton, LMP, MAISS, MMLT

CE Contact Hours: 16 hours (WA, NCBTMB, BOC)

Tuition: \$175 early registration (before June 7th); \$200 thereafter; current students receive a \$50 discount (*Tuition includes stretching manual and strap for new students.*)

Day/Time: Saturday and Sunday 9 AM – 6 PM (1 hour for lunch)

Location: 3912 Martin Way E. Suite B, Olympia, WA, 98506

Phone: Joshua @ 206-992-4029

Registration/Info: Joshua Morton- 206-992-4029 **or** dmgdlmt@yahoo.com



1994 graduate of Seattle Massage School – Main focus: Soft tissue rehabilitation and injury prevention – Over 2,000 hours working with Aaron Mattes, the developer of Active Isolated Stretching (AIS) – Thousands of hours teaching internationally and helping clients heal -- One of the top AIS therapists and instructors nationwide. Recently expanded his expertise to include Manual Ligament Therapy developed by Arik Gohl. Joshua teaches throughout the United States and internationally.
(Lic. # MA00008567)

"It is without reservation that I recommend Mr. Joshua Morton as a well-qualified therapist and teacher of Active Isolated Stretching and Strengthening: The Mattes Method of specific bodywork." (Aaron L. Mattes MS, RKT, LMT, developer and pioneer of Active Isolated Stretching)