

Aaron Mattes and Roger McNear have been working diligently toward implementing this Certification for over 10 years. Roger is the spearhead of this endeavor and has made it a major part of his life's goal. Roger is the driving force behind this Certification and both Aaron Mattes and his company StretchingUSA are here for any questions or assistance in this Certification process.

The AIS Certification is not an easy achievement to attain. The certification will not only take several classes to finish, but also will challenge you to study the printed materials to ensure you fully understand / implement the theories of AIS. AIS is not just a modality, but a working model of how to properly heal the human body. AIS when done properly will physiologically change the way the human body functions and will improve the quality of life for those you work on.

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# Professional Path for the Basic Certification in Active Isolated Stretching.



ACTIVE ISOLATED STRETCHING

## Professional Path Active Isolated Stretching Practitioners

### STEP ONE - PRE-REQUISITE LICENSURE

To qualify for a national AIS Basic Certification, practitioners must have a nationally- recognized certification or licensure in one of the following fields, and be current with their continuing education credits for that licensure:

#### Massage Therapy

National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)

State Certification Boards that you are licensed in.  
ie. Florida Massage, Mississippi Massage

Nurses / Nurse Practitioners

Physician Assistants

#### Personal Training

American Council on Exercise (ACE)

American College of Sports Medicine (ACSM )

National Academy of Sports Medicine (NASM)

National Strength and Conditioning Association (NSCA)

National Federation of Personal Trainers (NFPT)

#### Healthcare Professionals

Medical doctors (DO, MD)

Chiropractors (DC)

Physical Therapists (PT)

Occupational Therapists (OT)

### STEP TWO - APPROVED AIS CONTINUING EDUCATION

To qualify for a national AIS Basic Certification, practitioners must have taken a minimum of 125 hours of approved continuing education credits in Active Isolated Stretching and Strengthening within a Five year time period commencing no earlier than 1 January 2012. Continuing education must be confirmed by a Certificate of Competency for each course taken. The approved teachers of AIS for the certification as of now are Aaron L. Mattes, Roger McNear , John Howard, Al Meo, Diane Wayne, Connie Swartzendruber, Michelle Weisman and Marty Leamon.

### STEP THREE - DEMONSTRATION OF HANDS ON APPLICATION

To qualify for a national AIS Basic Certification, practitioners must demonstrate the use of a minimum of 10 hours per week of AIS (400 hours per year) within their practice. Testimonial from clients and documentary evidence from supervisory staff and colleagues will be accepted.

### STEP FOUR - ONGOING CONTINUING EDUCATION

Practitioners who achieve AIS Basic Certification must complete 24 hours of continuing education in Active Isolated Stretching or an approved complementary discipline every two years.

## Full Certification Criteria

### STEP ONE - ACHIEVEMENT OF BASIC CERTIFICATION AND WRITTEN EXAM

To qualify for a national, NCCA-accredited, AIS Full Certification, practitioners must have received the

Basic Certification and pass a written NCCA-approved examination to show their proficiency in the

following topics:

- physiological laws which guide AIS;
- anatomy;
- AIS theory;
- AIS protocols;
- application of AIS protocols in various settings for various conditions; and
- contraindications for the use of AIS with rationale.

### STEP TWO- CONTINUING EDUCATION

Practitioners who achieve AIS Basic or Full Certification must complete 24 hours of approved continuing education in Active Isolated Stretching or an approved complementary discipline every two years.