

## **ACTIVE ISOLATED STRETCHING & STRENGTHENING CHECKLIST**

### **BASICS:**

- ✓ AIS cannot be rushed for time. There are protocols that must be followed to achieve meaningful results;
- ✓ AIS is like a workout. This is not passive therapy. You will be expected to come prepared, hydrated, in proper attire and with a positive attitude;
- ✓ We do not cut corners to “save time”. AIS is best as intended in its purest form. Once we achieve maintenance stage, only then can we abbreviate sessions;
- ✓ Average session can be anywhere between 90 minutes up to 4 hours;
- ✓ Client must disclose any/all medical issues, prior surgeries, acute and chronic issues i.e. cancers, easily dislocated joints, post-surgical problems, contraindications from surgeons/doctors, MS, Parkinson’s, herniation, hardware in the back or any other joint/bone, etc.;
- ✓ I would prefer to have a copy of any current medical notes from any MRI’s, X-rays or other diagnostics or anything pertinent to the issue at hand. I would like this information before we begin the first session;
- ✓ First and possibly 2<sup>nd</sup> session will be Assisted Isolated Stretching only with no instruction. Once we get going, instruction will begin and client will have to work along with therapist to facilitate the movements;
- ✓ Each session, we will discuss attainable goals, progress and setbacks;

### **CLIENT’S PLEDGE:**

- ✓ Client takes responsibility of taking an active role in the AIS process
  - Willingness to take direction
  - Commitment to do the homework, up to 2x-4x a week
  - Provide honest and forthright feedback
  - Understands that AIS is part of an overall lifestyle commitment, not a temporary fix
- ✓ Keeping appointments punctually and regularly, or calling 24-hours, in advance, to cancel and/or change an appointment;
- ✓ Client understands that AIS takes time to
  - Unwind old patterns
  - Create new patterns
  - Retrain and stimulate neural pathways
  - Strength train new patterns
  - Achieve meaningful gains to attain maintenance stage
- ✓ To always ask questions at session or via text, email or phone call

### **THERAPIST PROMISE:**

- ✓ I promise to have a thorough consult and follow-up with you each and every session;
- ✓ I will be mindful and honest and patient and positive;
- ✓ I will motivate you to do better so you can feel better;
- ✓ I will not work out of my scope of practice and will refer out to other medical professionals if and when it is necessary;
- ✓ I always work best with a proper diagnosis and full disclosure via medical notes.
- ✓ I will work with you to set attainable goals;
- ✓ I will work as hard as you do during our session(s);
- ✓ I am always available to answer questions that may arise;
- ✓ If I don’t think AIS is a totally good fit, or we need to use deep tissue massage as a tool, then we will create a hybrid session that is best for your body.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_