

## Course Information Sheet

**Course Title:** Facilitated Stretching Fourth Edition

**Course Description:** Facilitated Stretching, Fourth Edition, examines techniques and guidelines for PNF stretches in a variety of settings. Stretches are demonstrated on a treatment table, mat on the floor, chair, cable-pulley machine, and weightlifting bench. Stretches are grouped according to each joint, and the majority of the stretches include both a partner stretch version and a self-stretch version. As in previous editions, specific routines are included for cycling, golf, running, swimming, throwing and racket sports, and now ice hockey. It also includes general stretches for everyday use, plus stretches for those with rusty hinges. These ready-made stretching routines make it easy to incorporate facilitated stretching into a workout regimen and take the guesswork out of organizing a stretching routine to match the needs of a specific client. Course includes soft-cover textbook, separate testing booklet and free, instant grading. Softcover, 203 pages.

### Learning Objectives:

1. Understand how the myotatic stretch reflex functions to protect muscles and joints from injury.
2. Understand the difference between passive and active stretching.
3. Understand what “PNF” stands for and when it was developed.
4. Understand the difference between ballistic and static stretching.
5. Understand the difference between MET and PNF stretching techniques.
6. Describe the technique for active isolated stretching.
7. Identify the two main types of PNF stretching.
8. Explain what is meant by “soft tissue barrier”.
9. Identify the three steps involved in facilitated stretching.
10. Describe why facilitated stretches are safe.
11. Explain the philosophy behind facilitated stretching.
12. Explain the principles for self-stretching.
13. Learn the correct methods for paying attention to posture and body mechanics when acting as a partner during facilitated stretching.

14. Learn the correct way for a partner to communicate with the stretcher.
15. Learn methods for reducing fatigue and the possibility of injury for both the stretcher and the partner during facilitated stretching.
16. Understand the terms flexion, extension, abduction, adduction, pronation, supination, inversion, eversion, dorsiflexion, and plantar flexion.
17. Understand the basic PNF patterns of D1 and D2 flexion and extension.
18. Identify the nicknames used to describe the D1 and D2 movement patterns.
19. Identify the planes of motion used by spiral diagonal patterns of movement.
20. Understand the importance of precise hand contact between the partner and the stretcher.
21. Identify the muscles in the hamstring group.
22. Identify optimal range of motion for hip flexion.
23. Describe how to perform the Hamstrings Stretch, Straight Leg, Supine, With a Partner.
24. Identify where the Piriformis is and understand its function.
25. Understand what the Piriformis Stretch, Supine, With a Partner is used to improve.
26. Identify the muscles that are part of the hip abductors group.
27. Identify normal range of motion for the hip abductors.
28. Identify the problems that can develop if the hip abductors are hypertonic.
29. Identify the overuse injury caused by a tight IT band.
30. Understand what the Hip Abductors Stretch, Side-Lying, With a Partner is used to improve.
31. Understand how to modify the Hip Abductors Stretch, Side-Lying, With a Partner if the stretcher feels any low back pain.
32. Identify the muscles that are part of the hip adductor group.
33. Identify the function of the quadriceps muscles.

34. Describe how to check range of motion in the knee.
35. Understand how to modify the Quadriceps Stretch, Prone, With a Partner if the stretcher feels low back discomfort.
36. Identify what the Quadriceps Stretch, Prone, With a Partner is used to improve.
37. Identify the primary action of the iliopsoas muscle.
38. Identify what the Psoas Stretch, Prone, With a Partner is used to improve.
39. Describe how to perform the Psoas Stretch, Prone, With a Partner.
40. Identify the stretcher's position when performing the Iliopsoas Self-Stretch.
41. Describe what the Soleus Stretch, Prone, With a Partner is used to improve.
42. Identify normal range of motion for ankle plantarflexion.
43. Describe how to isolate the soleus muscle during the Soleus Stretch, Prone, With a Partner.
44. Identify the action of the tibialis anterior muscle.
45. Describe what the Tibialis Anterior Stretch, Supine, With a Partner is used to improve.
46. Identify which muscles evert the foot and which muscles invert the foot.
47. Identify normal range of motion in the ankle for eversion and inversion.
48. Describe the purpose of the Peroneals Stretch, Supine, With a Partner and the Tibialis Posterior Stretch, Supine, With a Partner.
49. Understand what the D1 Soccer Kick Stretch is used to improve.
50. Identify the target muscles lengthened in the starting position of the D1 Soccer Kick Stretch.
51. Identify the muscles that are part of the rotator cuff.
52. Understand what the Subscapularis Stretch, Supine, With a Partner is used to improve.

53. Understand what the Infraspinatus and Teres Minor Stretch, Prone, With a Partner is used to improve.
54. Understand what the Rhomboids and Middle Trapezius Stretch, Supine, With a Partner is used to improve.
55. Understand what the Pectoralis Major Stretch, Prone, With a Partner is used to improve.
56. Understand what the Biceps Brachii Stretch, Supine, With a Partner is used to improve.
57. Understand what the Triceps Stretch, Prone, With a Partner is used to improve.
58. Understand what the Wrist and Finger Extensor Stretch, Supine, With a Partner is used to improve.
59. Describe why the scalene muscles can be involved in several painful conditions of the neck, shoulder, and arm.
60. Understand what the Upper Trapezius Stretch, Supine, With a Partner is used to improve.
61. Understand what the Sternocleidomastoid Stretch, Supine, With a Partner is used to improve.
62. Describe how to perform the Levator Scapula Self-Stretch, Sitting.
63. Identify which back muscle is always involved with low back pain.
64. Understand how to modify the Quadratus Lumborum Stretch, Side-Lying, With a Partner if the stretcher experiences any low back pain.
65. Understand what the Latissimus Dorsi Stretch, Prone, With a Partner is used to improve.
66. Identify the most widely used treatment for acute injuries.

**Target Audience:** Beginner/Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards:

[www.exercisetc.com](http://www.exercisetc.com)

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

**Instructor/Author Credentials:**

**Robert McAtee, BA, LMT, CSCS, C-PT**, has been a sport massage therapist since 1981, specializing in sport and orthopedic massage therapy. Since 1988 he has maintained an active international sport massage practice in Colorado Springs, Colorado.

McAtee has been using facilitated stretching techniques with clients and athletes since 1986. He teaches facilitated stretching and sport massage seminars throughout the United States and internationally to massage therapists, athletic trainers, personal trainers, chiropractors, Olympic-caliber athletes and coaches, and amateur athletes.

McAtee received his massage training at the Institute for Psycho-Structural Balancing (IPSB) in Los Angeles and San Diego (1981-82) and through the Sports Massage Training Institute (SMTI) in Costa Mesa, California (1986). He holds a BA in psychology from California State University (1974), is nationally certified in therapeutic massage and bodywork (1992), and is a certified strength and conditioning specialist (1998) and certified personal trainer. He has been an active member of the American Massage Therapy Association since 1988.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards:  
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**Sponsors:** N/A