

**Aaron L. Mattes MS. RKT. LMT**

**Active Isolated Stretching**

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

**941-922-1939**

To Whom Concerned:

Since 2005, Mr. Garry Nimmo of Aberdeen, Scotland has been performing a neuromuscular technique called "Active Isolated Stretching: The Mattes Method" (AIS) which is named after the founder of AIS work. The use of AIS enables the practitioner to reach the deepest tissue without aggravating the muscles or fascia, while dissolving injured tissue or freeing structure.

I have had the opportunity to observe Mr. Nimmo on more than one occasion and communicating with the client who was receiving his work on sensitive tissue. Garry has an unusual background for working with athletic problems, muscle diseases, advanced postural problems such as scoliosis or kyphosis and sensitive pediatric and geriatric considerations.

Mr. Nimmo possesses a warm personality and great sensitivity for people of all ages. He is keenly aware of psychological differences and adjusts his work according to this diversity. His knowledge of meeting individual's specific needs enables Garry to be one of the finest practitioners that I have witnessed in over forty years of specific application, keen observation and outstanding teaching of AIS.

Most important of all is the touch and sensitivity for difficult problems of subjects of all ages. Many therapists never develop their ability to adapt to unusual situations and problems. Mr. Nimmo epitomizes true expertise having mastered the most advanced AIS work.

It is without reservation that I recommend Garry Nimmo as practitioner, teacher, therapeutic and sports consultant employing Active Isolated Stretching and Active Isolated Strengthening.

Sincerely

Aaron L. Matte MS. RKT. LMT

Founder Active Isolated Stretching