

PROFESSIONAL VITA

Name: Aaron L. Mattes

Home Address: 2932 Lexington St.
Sarasota, FL 34231
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Present Position:

Clinical Director, Kinesiotherapist, Licensed Massage Therapist,
Certified Rehabilitation Administrator,
Member of National Rehabilitation Association #39204
Member of ACSM's Alliance of Health & Fitness Professionals.

Clinical Director, Aaron Mattes Therapy
Medical Center of Sarasota
3920 Bee Ridge Road Bldg A, Suite C
Sarasota, FL 34233
Phone: (941) 922-3232
Fax: (941) 927-6121

Continuing Education Provider For:

Kinesiotherapy	COPS- RKT
Florida Massage	50-14
NCBTMB	042731-00
BOC	P462
ACE	CP162708
Florida OT	50-14
Florida Acupuncture	50-14
AFAA	2012060
NSCA	E1011
Mississippi (MAP) # 034	for 32 hour
APTA South Carolina	10-801

Education:

Thorp Public Schools, Thorp, WI 54227
1970-B.S. Physical Education Wisconsin State University, Superior, WI
1972-M.S. University of Illinois, Champaign/Urbana, IL.
1973-Certified, American Kinesiotherapy Association #449
1974-Certified, Association of Medical Rehabilitation Administrators #7704
1981-Certified, Florida Massage Therapy Association #3864
American Massage Therapy Association # 8108
45 Accumulated hours toward Ph.D.-University of Toledo, Toledo, OH.

Professional Experience:

1966-1970 – Instructor, Head Coach, McCaskell Junior High School, University of Wi

- 1970-1972 - Supervisor-Kinesiotherapy Clinic, University of Illinois, Champaign/Urbana, Illinois.
- 1972-1976 - Director-Kinesiotherapy Clinic, University of Illinois.
- 1976-1979 – Director-Kinesiotherapy Clinic, University of Toledo, Toledo, OH.
- 1979-1998 - Director-Aaron Mattes Therapy, Inc. Outpatient Neurological, orthopedic, sports medicine, all ages and levels of participation, high school, college, professional advisor-consultant to Olympic athletes and sports teams.
- 1998-1999 - Clinical Director for Health South/Aaron Mattes Center.
- 2000 & 2001 Presented “Active Isolated Stretching: The Mattes Method” to National Institute of Health
- 2000-2003 -Clinical Director for Sports Medicine Rehabilitation International
 Florida American Massage Association Outstanding Service Award-1995
 International Sports Massage Award-Sept. 1995
 Presidents Award – AMTA – 2000
 2003 Humanitarian Award-Performance Health & FSMTA
 2003 Massage Therapist of the Year – FCA Convention
- 2004-2006 Clinical Director Braun Goodlander Rehab/Aaron Mattes Therapy
- 2006- Clinical Director Aaron Mattes Therapy
 Former Advisor: Baltimore Orioles Professional Baseball Team
 Former Advisor: Cincinnati Reds Professional Baseball Team
 Former Advisor: Chicago Cubs Professional Baseball Team
 Former Advisor: U.S. Olympic Committee
- 2012- Clinical Director Aaron Mattes Therapy.
 Active teaching: Active Isolated Stretching & Strengthening seminars.
 Advisor to sports teams, therapist. Authoring latest stretching book.

Author:

- Flexibility for Conditioning and Rehabilitation: 1980
- Flexibility: Active and Assisted Stretching: 1990
- Active Isolated Stretching: 1995
- Active Isolated Stretching: The Mattes Method. 2000
- Specific Stretching For Everyone: 2000
- Active Isolated Strengthening: The Mattes Method 2006

Co-author:

- Exercise for Pre-Conditioning, Re-Conditioning, and Re-Habilitation.
 Shelton, Greninger, Mattes. 1972
- Nutrition Therapy For Massage and Physical Therapy Patients
 Knight and Mattes: 1998

Copyright, Videos and DVDs

- 1990 Tape 1: Active Isolated Stretching
- 1990 Tape 2: Assisted Isolated Stretching
- 1998 Active Isolated Stretching Video and DVD
- 1998 Active Isolated Stretching – Assisted – Video and DVD
- 2006 Active Isolated Strengthening: The Mattes Method DVD

1970-1972 – Instructor, University of Illinois Undergraduate basic Instruction Program and Exercise Therapy Clinic. Taught golf, tennis, weight training and physical fitness. Worked with patients in the clinic, homebound, and nursing homes. Pitching Coach, University of Illinois.

1972-1974 – Supervisor-Exercises Therapy Clinic: Lecturer, Department of Physical Education, University of Illinois. Supervising student experiences, evaluating new patients and providing specific instruction, therapy and re-evaluations. Instructor: Prescribed Exercise, Kinesiology and Kinesiotherapy. Worked with U.S. Olympic Team.

1974-1976 – Director, Exercise Therapy Clinic, University of Illinois – Directing large outpatient clinic that provided more than 250 treatments per day for athletes, amputees, neurological handicapped orthopedically handicapped and trainable mentally retarded patients.

Instructor, Physical Education Department. Taught undergraduate and graduate classes in Kinesiology and prescribed exercise and supervised more than 600 undergraduate students in Exercise Therapy Clinic. Worked with hundreds of professional college and high school athletes and coaches directing conditioning, reconditioning and rehabilitation programs. Advisor 1972-1976 to University of Illinois Intercollegiate Sports Programs. Worked with U.S. Olympic Team.

1976-1979 – Director Kinesiotherapy Clinic, Instructor Department of Physical Education, University of Toledo, Toledo, Ohio. Direct clinical experiences of adapted physical education – corrective therapy students. Organized and administered Sports Training Center for hundreds of high school, college and professional athletes. Received patent on “Constant External Force Pulley System” for specialized sports training and rehabilitation.

Advisor to Toledo Troopers, Woman’s Professional Football League Champions. Advisor to U.S. Gymnastics Association. Worked with World Cup Wrestling Teams. Organized and implemented fitness program for Toledo, Ohio Fire Department and Owens-Illinois Corporation.

1960-2009 – Over 150,000 hours in rehabilitation, athletic training, preventative training, coaching, sports medicine, teaching and seminar presentations.

2007 – Massage Therapy Hall of Fame

1970-2008 – Presenter of continuing education at Palmer, Life University, Northwestern Health Sciences University. Presenter at FCA International Convention in Orlando, FL, Naples, FL and Ft. Lauderdale, FL.

2010 – Director Aaron Mattes Therapy. International Lecturer and CE Provider.