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PRESS RELEASE
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The Mattes Method of Active Isolated Stretching now featured at all PGA Tour events

May 19 – 25, 2003, Fort Worth, TX: The demands on the PGA Touring professional are well documented. With over 30 regular events held each year, participants must not only respond to the on-course demands of playing some of the most difficult venues in the world but also to play at a consistently high level as only the top 125 players on the money list retain their playing privileges for the next year. The stress of travel and living on the road adds to the physical demands of the game itself. This is reinforced by the fact that touring professionals on average sustain two injuries per year that directly affect their participation and performance.

Many touring professionals have turned to physical fitness for a competitive edge. The PGA, LPGA and Champions Tours each support mobile fitness trailers staffed by physical therapists, chiropractors, athletic trainers and conditioning coaches at each event. These professionals are directly involved in the development and implementation of programs while directly manage many of the injuries sustained by these athletes.

The Mattes Method of Active Isolated Stretching has become an essential addition to the programs utilized by these professionals. The Mattes Method was founded by world renowned kinesiologist and LMT, Aaron Mattes. Matte has developed these unique techniques for rehabilitation, sports performance and general health and has applied this method clinically over thousands of hours. The Mattes Method has incorporated Aaron’s unique knowledge of the body’s anatomy and physiology. Each individual technique has been designed to optimize human function and biomechanics. If an athlete, such as a golfer, can maximize active range-of-motion throughout the body, any restrictions affecting movement can be removed allowing proper function on a consistent basis. For golf, consistency is everything. The Mattes Method is featured at the Aaron Mattes Performance Center located in Parrish, Florida as component of Sport Medicine and Rehabilitation International under the medical directorship of Taras V. Kochno, MD.



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These unique and effective techniques have been introduced on the PGA Tour by a company called Inspired Golf Conditioning. Its founder, Rick Provost, B.S., USGFA Cert., A.C.E. has incorporated this method into the pre and post round training regimes of many notable PGA touring professionals. As a PGA Tour Conditioning Coach, Provost has successfully developed and managed conditioning programs for touring professionals over the past four years. Inspired Golf Conditioning now staffs each PGA Tour event with a conditioning coach. Staff members may travel up to 30 weeks a year accompanying players to tournament sites as they help individuals prepare for competition. All programs are individually designed to maximize on-course performance, prevent injury and establish the best level of fitness needed to ensure consistent performance.

For Inspired Golf Conditioning, the Mattes Method was a natural fit and has been strategically incorporated into the athlete’s weekly routines. These techniques are applied in a golf-specific pre-round stretching sequence before any ball striking occurs. Typically, participants will meet with their conditioning coach 1 ½ - 2 hours before their tee time either in the onsite fitness trailer or players locker room. This golf sequence focuses on the areas of the body that will be stressed during a typical round of golf and have become an essential component of the touring professional’s daily warm-up routine.

During the 2003 Bank of America Colonial, May 19 – 25th one of the Mattes Performance Center team members, Jeffrey S. Banaszak, PT, CSCS joined the staff of Inspired Golf Conditioning. During the week’s event, Banaszak experienced first hand just how beneficial and effective the integration of the Mattes Method and the programs developed by Inspired Golf Conditioning can be.

Banaszak states “I am proud to not only join the staff of Inspired Golf Conditioning but also apply the work of Aaron Mattes directly to members of the PGA Tour. I can confidently say that the individuals I worked with during the event were properly prepared for competition. I am excited about the future including further applications of the Mattes Method on elite professional golfers.” PGA members who benefited from this technique during The 2003 Bank of America Colonial tournament included notables such as Corey Pavin, David Peoples, Tom Pernice, Jr., Tim Petrovic and Jay Williamson.