

Instrument assisted soft tissue mobilization (IASTM)

The technique uses specially-designed stainless steel instruments, along with appropriate therapeutic exercise, to specifically detect and effectively treat areas exhibiting soft tissue fibrosis or chronic inflammation. The instruments also are used diagnostically to follow the kinetic chain, to locate and treat the cause of the symptom as well as the specific area of pain. Originally developed by athletes cross IASTM is a unique evidence-based form of instrument-assisted soft tissue mobilization used by more than 22,650 clinicians worldwide.

IASTM is utilized at some 2,700 outpatient facilities and 77 industrial sites, by more than 384 professional and amateur sports organizations, and is part of the curriculum at 45 respected colleges and universities.



What is IASTM

Instrument assisted soft tissue mobilization allows clinicians to effectively break down scar tissue and fascial restrictions. IASTM is performed with patented stainless steel instruments designed to effectively detect and treat areas exhibiting soft-tissue fibrosis. This technique has also been shown to be effective in treating and eliminating muscle spasms.

Benefits for the patient:

- Decreases overall time of treatment
- Fosters faster rehabilitation/recovery
- Reduces need for anti-inflammatory medication
- Resolves chronic conditions thought to be permanent
- Reduces the need for splints, braces and other sport modifications

Common Uses:

- Scar reduction
- Golfers and Tennis Elbow
- Plantar fasciitis
- IT Band Syndrome
- Chronic muscle tension
- Chronic low back pain



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