

INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION (IASTM)

What is Instrument Assisted Soft Tissue Mobilization?

IASTM is a manual treatment option which targets fascial restrictions causing pain and interfering with movement and muscle firing patterns. It is of benefit in treating the adverse effects of scar tissue. New collagen is laid down in irregular patterns during the inflammatory process and during healing. IASTM uses tools to break up this irregular collagen tissue. IASTM is then followed up with exercise to aid in re-aligning fibers in the direction of stress or force.

IASTM uses various tools to focus manual therapy work on a targeted tissue area.

The benefits of IASTM include:

- Fibroblast proliferation
- Alteration of scar tissue matrix
- Improve fluid circulation
- Break-up of intermolecular crosslinks
- Neuro-reflexive response
- Improve nerve conduction

IASTM can effectively treat soft tissue fibrosis, chronic inflammation, and degeneration. It is used in conjunction with other therapeutic techniques including therapeutic exercise to aid in restoring normal tissue function.

Indiana Total Therapy is fully equipped to handle all of your therapeutic needs, including Instrument Assisted Soft Tissue Mobilization.

Our staff is specially trained to focus your treatment on specific body parts using advanced techniques and additional manual therapy.

Call ITT West to schedule your appointment: 724.349.2276



Julie Fairman, PT, CWS

***Meet Your Therapist:** Julie has been practicing physical therapy for 30 years, specializing in orthopedic physical therapy with particular interest in manual therapy.*



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