

Instrument Assisted Soft Tissue Mobilization (IASTM) and Graston Techniques

WHAT IS IASTM?

“The use of instruments to remove scar tissue and facilitate healing through the formation of new extracellular matrix proteins”

- Used to improve soft tissue function, increase ROM, decrease pain related to musculoskeletal pathologies.
- Used in combination with an aerobic, stretching and strengthening program to enhance tissue remodeling and soft tissue function

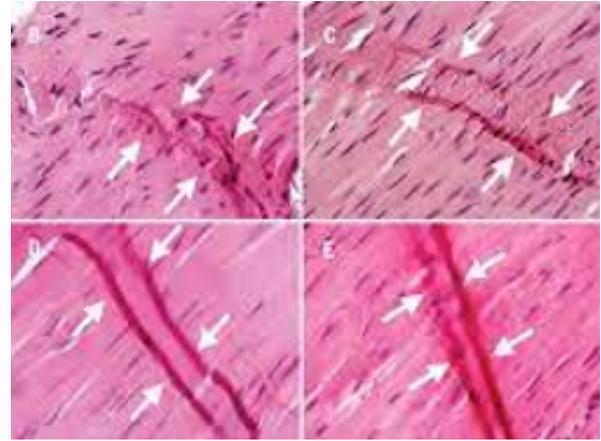
GRASTON TECHNIQUE PROTOCOL

Form of IASTM that utilizes stainless steel instruments with beveled edges and angles to detect myofascial restrictions

1. Cardiovascular Warm-Up for 10-12 min
2. Graston Massage Technique using 1 or a combination of the 6 specialized tools for 3-8 min per body area
3. Light stretching & light resistance, High repetition strengthening
4. Cryotherapy for 10-15min

IASTM MECHANISM

PRIMARY GOAL: Remove scar tissue and promote soft tissue regeneration through a series of histological changes starting with induced local inflammation.



1. Stimulus is applied to soft tissue
2. Increase in number of fibroblasts and fibronectin through localized inflammation
3. Facilitation of synthesis and re-alignment of collagen
4. Inflammation breaks up adhesions, scar tissue and allows oxygen and nutrients to reach site of injury

Graston	HawkGrip	EDGE Mobility	Zuka
 <p>(+) : Wide range of EBP, courses can be used as CEU's, student training is cheaper (-) : Cost (Tool set = \$2295, training = \$650), licensing fees</p>	 <p>(+) Does not require licensing/re-licensing fees, certification courses (-) Cost (1 tool = \$439, set = \$3549), No individual case studies found</p>	 <p>(+) : Cost (\$99 for tool, \$199 course), No licensing, courses can be used as CEU's (-) : Limited data on EDGE tool in isolation</p>	 <p>(+) : Military/student discounts, Lower cost (4 tools = \$359), No licensing/cert needed (-) : No IASTM course (No CEU's)</p>

Research Review Conclusions of IASTM

- IASTM effective at improving ROM, Strength and function when used in combination with strength training and stretching interventions
- IASTM shows equal efficacy in improving strength, ROM and reducing pain when compared to traditional Manual Therapy
- Increased functional improvements seen in shorter period of time when compared with patients who participate in PT without use of IASTM.

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