**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 10-15 min

**IASTM MECHANISM**

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

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

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