

# IASTM



Instrument Assisted Soft Tissue Mobilization

# Instrument Assisted Soft Tissue Mobilization Iastm

**Jordan Smuts**



## **Instrument Assisted Soft Tissue Mobilization Iastm:**

**IASTM** Nikita A. Vizniak,2020      **Development of a Mechatronics Instrument Assisted Soft Tissue Mobilization (IASTM) Device to Quantify Force and Orientation Angles** Ahmed Mohammed Alotaibi,2016 Instrument assisted soft tissue mobilization IASTM is a form of massage using rigid manufactured or cast devices The delivered force which is a critical parameter in massage during IASTM has not been measured or standardized for most clinical practices In addition to the force the angle of treatment and frequency play an important role during IASTM As a result there is a strong need to characterize the delivered force to a patient angle of treatment and stroke frequency This thesis proposes two novel mechatronic designs for a specific instrument from Graston Technique Model GT3 which is a frequently used tool to clinically deliver localize pressure to the soft tissue The first design is based on compression load cells where 4 load cells are used to measure the force components in three dimensional space The second design uses a 3D load cell which can measure all three force components force simultaneously Both designs are implemented with IMUduino microcontroller chips which can also measure tool orientation angles and provide computed stroke frequency Both designs which were created using Creo CAD platform were also analyzed thorough strength and integrity using the finite element analysis package ANSYS Once the static analysis was completed a dynamic model was created for the first design to simulate IASTM practice using the GT 3 tool The deformation and stress on skin were measured after applying force with the GT 3 tool Additionally the relationship between skin stress and the load cell measurements has been investigated The second design of the mechatronic IASTM tool was validated for force measurements using an electronic plate scale that provided the baseline force values to compare with the applied force values measured by the tool The load cell measurements and the scale readings were found to be in agreement within the expected degree of accuracy The stroke frequency was computed using the force data and determining the peaks during force application The orientation angles were obtained from the built in sensors in the microchip      Therapeutic Modalities Chad Starkey,2013-01-23 The 4th Edition of the field s premier text on therapeutic modalities reflects evidence based practice research and technologies that are impacting professional practice today Step by step you ll build a solid foundation in the theory and science that underlie today s best practices and then learn how to treat a wide range of orthopedic injuries      **The Science and Physiology of Flexibility and Stretching** David Behm,2024-10-30 The Science and Physiology of Flexibility and Stretching is the most up to date and comprehensive book to cover the underlying physiology and psychology of flexibility enhancing techniques critically assessing why when and how we should stretch as well as offering a highly illustrated practical guide to stretching exercises This fully revised new edition not only updates the present information but adds new chapters on areas that have attracted substantial interest in the last 5 years such as foam rolling vibration global effects of stretching alternative methods to increase flexibility e g resistance training and others Richly illustrated and including an online resource The Science and Physiology of Flexibility and Stretching provides an

important scientific inquiry into stretching as well as other flexibility enhancing techniques e g foam rolling vibration resistance training and others and an invaluable reference for any strength and conditioning coach or student personal trainer sports coach or exercise scientist

**Rehabilitation of Musculoskeletal Injuries** Peggy A. Houglum, Kristine L. Boyle-Walker, Daniel E. Houglum, 2022-11-17 Rehabilitation of Musculoskeletal Injuries Fifth Edition With HKPropel Online Video presents foundational concepts that support a thorough understanding of therapeutic interventions and rehabilitative techniques Accompanying video demonstrates challenging or novel rehabilitative techniques

**Sacroiliac Joint Dysfunction and Piriformis Syndrome** Paula Clayton, 2026-01-09 Sacroiliac Joint Dysfunction and Piriformis Syndrome The Complete Guide for Physical Therapists is the complete guide to treating patients with sacroiliac joint dysfunction or piriformis syndrome combining multiple techniques to get quicker results

Endurance Sports Medicine Timothy L. Miller, 2023-05-17 Providing a fresh update of this continuously evolving branch of sports medicine this comprehensive yet practical guide focuses specifically on the treatment of athletes who train for and participate in endurance sporting events including not only traditional endurance athletes such as runners swimmers bikers and triathletes but also rowers adventure racers military personnel and cross fit athletes Detailing strategies for not only treating and preventing injuries and conditions but also for optimizing an athlete s performance this book is divided into three thematic sections The first section covers common medical conditions faced by the endurance athlete including cardiovascular conditions asthma and heat and altitude related illnesses while also discussing gender differences pregnancy and the pediatric and masters endurance athlete Section two focuses on the management of common musculoskeletal conditions such as stress fractures overuse injuries of the soft tissue shoulder and hip injuries and exercise and osteoarthritis this section now includes discussion of the use of cutting edge orthobiologics The last section presents performance optimization and event coverage including gait and swim stroke analysis bike fitting resistance training mental preparation optimizing nutrition and how to organize medical coverage for events as well as decision making for return to play Completely updated and including brand new chapters

Endurance Sports Medicine Second Edition remains a valuable guide for sports medicine physicians orthopedists athletic trainers physical therapists coaches officials and athletes in understanding the needs of the determined individuals who participate in endurance sports

Rehab to Throw Like a Pro Edward Martel, Max Wardell, Marcee Wardell, 2019-05-28 This book serves as a practical guide to maximizing clinicians effectiveness in rehabilitating overhead throwing athletes Topics covered will include throwing mechanics assessment of throwing athletes and manual therapy with the primary focus of this guide being exercise interventions Assessment strategies and exercise interventions will be laid out in a progression that can be easily followed and implemented in the clinic today The inspiration for this book comes from my professional baseball career ending prematurely due to injury Shortly after I made the 40 man roster for the New York Yankees I sustained a shoulder injury that altered my career and life I nearly made it back up to the MLB before sustaining another serious

throwing injury After multiple injuries and surgeries I dedicated my life and future career physical therapy to discovering why throwing injuries occur and how to prevent them The goal of this book is to give clinicians practical tools and interventions that they can add to their toolbox without bogging them down with extraneous material and information My goal for you is that you can make a difference in throwing athletes careers so they don t have to experience the same career ending injuries that I endured **Therapeutic Modalities in Rehabilitation, Fifth Edition** William E.

Prentice,2017-12-29 The most comprehensive textbook available on therapeutic modalities in rehabilitation enhanced by a full color presentation and numerous case studies A Doody s Core Title for 2020 Therapeutic Modalities in Rehabilitation is a theoretically based but practically oriented guide to the use of therapeutic modalities for practicing clinicians and their students It clearly presents the basis for use of each different type of modality and allows clinicians to make their own decision as to which will be the most effective in a given situation Presented in full color the text describes various concepts principles and theories that are supported by scientific research factual evidence and experience of the authors in dealing with various conditions Essential text for Physical Therapy and Occupational Therapy programs Author Bill Prentice was inducted into the National Athletic Trainers Association Hall of Fame in 2004 Evidenced based and supported by case studies and laboratory activities to demonstrate the application of the modalities on patients *Therapeutic Modalities in*

*Rehabilitation, Sixth Edition* William E. Prentice,2021-08-06 The most comprehensive textbook available on therapeutic modalities in rehabilitation enhanced by a full color presentation and numerous case studies This practically oriented guide presents the basic science and current best available evidence for each type of therapeutic modality used in physical rehabilitation Here clinicians will find the information needed to determine which modality will be most effective in a given situation to achieve optimal patient outcomes Each chapter examines the physiologic basis for use clinical applications specific techniques of application through the use of related laboratory activities and relevant individual case studies for each therapeutic modality Therapeutic Modalities in Rehabilitation Sixth Edition is divided into six parts Part 1 Foundations of Therapeutic Modalities examines the scientific basis for using therapeutic modalities classifies the modalities according to the type of energy each uses and includes guidelines for selecting the most appropriate modalities for managing pain and for use in different phases of the healing process Part II Electrical Energy Modalities discusses the principles of electricity components of electrical and electrotherapeutic currents treatment parameters physiological responses to electrical current iontophoresis and biofeedback Part III Thermal Energy Modalities focuses on modalities which produce a change in tissue temperatures through conduction and convection including thermotherapy and cryotherapy Part IV Sound Energy Modalities covers modalities that utilize acoustic energy to produce a therapeutic effect including therapeutic ultrasound and extracorporeal shockwave therapy Biologic effects and clinical applications are also discussed Part V Electromagnetic Energy Modalities examines diathermy as well as photobiomodulation light therapy treatment techniques and protocols Part VI

Mechanical Energy Modalities includes chapters on traction intermittent pneumatic compression therapeutic massage and vibration Presented in full color the text is enhanced by valuable learning aids including chapter objectives and summaries figures and tables clinical decision making exercises review questions instructional videos a glossary of key terms in each chapter up to date references case studies lab activities and appendices

### **Unknotting Tech Neck** Karishma

Das,2024-05-27 In the digital age prolonged screen time and poor posture have given rise to a modern epidemic tech neck This condition characterized by chronic neck pain and disability affects millions of people worldwide Unknotting Tech Neck by Breaking the Cycle of Pain and Disability delves into this pervasive issue offering innovative solutions for physiotherapists and healthcare professionals This comprehensive guide explores the effectiveness of Instrument Assisted Soft Tissue Mobilization IASTM on specific muscles and the superficial back arm line providing a thorough comparison of its impact The book meticulously examines the underlying causes of tech neck the biomechanics involved and the chronic pain cycle that ensues Through detailed case studies evidence based research and practical applications this book equips practitioners with the knowledge and tools to effectively address tech neck It emphasizes the importance of breaking the pain cycle to restore mobility enhance function and improve the quality of life for patients Readers will discover The anatomy and physiology of tech neck and its associated musculoskeletal disorders The role of IASTM in alleviating pain and restoring normal function Comparative analysis of IASTM on different muscle groups and fascial lines Practical techniques and protocols for implementing IASTM in clinical practice Insights from leading experts in physiotherapy and rehabilitation Unknotting Tech Neck by Breaking the Cycle of Pain and Disability is an essential resource for physiotherapists chiropractors massage therapists and anyone committed to tackling the challenges of tech neck Empower your practice with cutting edge strategies and help your patients reclaim a pain free life

### **Short-Term and Lasting Effects of Instrumented-Assisted Soft Tissue Mobilization Technique in Subjects with Restricted Ankle Dorsiflexion** Sarah Allen,2019

ABSTRACTSHORT TERM AND LASTING EFFECTS OF INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION TECHNIQUE IN SUBJECTS WITH RESTRICTED ANKLE DORSIFLEXIONAllen SI Miller SJ Athletic Training Research Laboratory Department of Kinesiology The Pennsylvania State University University Park PAObjective To determine the short term and long term effects on performance outcomes of an Instrument Assisted Soft Tissue Mobilization IASTM technique on participants who have squat limitations We hypothesized that compared to a control group the treatment would improve the performance outcomes both immediately and 1 week after treatment Design and Settings A pre test post test repeated measures true experimental design was conducted in a laboratory There were two groups a treatment group TG that received a single session of eight minutes of IASTM on each calf and a sham treatment group SG that served as the experimental control and received a single session of eight minutes of a sham IASTM treatment on each calf Baseline data was collected before treatment and post measurements were taken immediately after treatment and 1 week after treatment for both TG and SG

Subjects Twenty 5 men 15 women participants were enrolled in this study and were randomly assigned to one of two groups TG 21 4 0 55 years 170 1 10 1 cm 66 4 9 7 kg SG 21 8 0 20 years 167 2 5 83 cm 66 1 10 6 kg Measurements Ankle dorsiflexion DF range of motion ROM was measured using the Weight Bearing Lunge Test WBLT Mobility and dynamic stability of the trunk and lower extremities were assessed via the anterior reach portion of the Star Excursion Balance Test SEBT and the overhead deep squat test from the Functional Movement Screen FMS Order of testing was randomized to prevent order effects Results There were no significant differences found between or within group differences for any comparisons of the dependent variables in this study No significant three way interactions were found between foot measurement period and treatment for WBLT  $p = 0.910$  or SEBT  $p = 0.872$  For the dominant foot data there were no significant two way interactions regarding measurement period or treatment for both WBLT  $p = 0.752$  and SEBT  $p = 0.564$  Likewise there were no significant main effects of the treatment on the WBLT  $p = 0.335$  or SEBT  $p = 0.144$  dependent variables for the dominant foot For the FMS data there were no significant immediate or 1 week changes in scores between or within the treatment groups Immediate  $p = 0.44$  1 week  $p = 0.18$  Conclusions There were no short term or long term effects of a single session of IASTM on weight bearing ankle dorsiflexion range of motion or performance outcomes in individuals with squat limitations

Comparison of Instrument-assisted Soft Tissue Mobilization and Passive Stretching to Improve Glenohumeral Range of Motion and Function Troy Mendenhall, 2018 Context The loss of shoulder internal rotation range of motion is common maladaptation that predisposes overhead sport athletes to injury Instrument assisted soft tissue mobilization IASTM has recently been suggested as an alternative to stretching exercises to reestablish normal range of motion Objective To determine the extent to which a 4 week program of traditional stretching plus IASTM improves glenohumeral range of motion compared to stretching alone Our secondary purpose was to measure the effects of these interventions using two patient rated outcome measures of shoulder function Design Prospective cohort study Setting Combined laboratory and field study Participants 20 intercollegiate baseball players 10 in the Stretching IASTM Group age 20 9 0 9 yrs height 180 8 8 1 cm mass 85 7 7 2 kg and 10 in the Stretching group age 19 9 1 4 yrs height 183 4 7 4 cm mass 87 1 8 5 kg Interventions Participants in the Stretching group received a clinician administered shoulder stretching program 5 days week for 4 weeks Participants assigned to the Stretching IASTM group received the same stretching program plus IASTM treatments twice per week for 4 weeks All participants completed the Kerlan Jobe Orthopaedic Clinic Shoulder and Elbow KJOC score and the Functional Arm Scale for Throwers FAST at the beginning and end of the study Main Outcome Measures Shoulder internal rotation external rotation and horizontal adduction passive range of motion PROM glenohumeral total range of motion TROM and the KJOC and the FAST Statistical Analyses Five Group 2 x Time 2 between within ANOVAs were performed a 0 05 We also calculated Pearson correlations between the KJOC and FAST questionnaire scores Results Internal rotation PROM significantly improved from Week 0 to Week 4 in both treatment groups  $p = 0.005$  Stretching group mean internal rotation

PROM increased 6.3% from 52.8° to 56.1° while Stretching IASTM group average internal rotation PROM improved 7.8% from 52.6° to 56.7° over the course of this study. Total range of motion (TROM) improved 3.1% in the Stretching group from 145.2° to 149.7° and 4.2% in the Stretching IASTM group from 143.0° to 149.0° between Week 0 and Week 4 respectively ( $p < 0.005$ ). The KJOC and the FAST scores were inversely related at both the outset ( $r = 0.874$ ,  $p < 0.001$ ) and conclusion of our 4-week intervention ( $r = 0.765$ ,  $p < 0.001$ ).

**Conclusions** While both treatment protocols were effective in increasing glenohumeral internal rotation PROM and TROM, the IASTM protocol we employed did not have a significant effect on any of our disease-oriented outcome measures after 4 weeks. Future research studies should compare the effects of multiple IASTM treatment frequencies and durations to more fully evaluate the capacity of IASTM to create long-term improvements in glenohumeral joint range of motion and function.

**The Effect of Instrument Assisted Soft Tissue Mobilization on Iliotibial Band Extensibility and Hip Abduction Strength** Jordan Smuts, 2013. The purpose of this investigation was 1) to determine if Graston Technique (GT) is effective in increasing hip adduction ROM and 2) to determine if GT is effective in increasing hip abduction strength. Prior to beginning the study, all subjects were pseudo-randomly assigned by gender in either the Graston Technique (9 males and 13 females) or control group.

*Iastm for Horses* Rachel Meyer, 2023-06-15. This book is a manual for the use of instrument-assisted soft tissue mobilization on horses. It is for equine body workers or horse owners who want to enhance their horse's posture and balance in addition to relieving pain related to musculoskeletal issues. The techniques described in this book were developed after becoming certified in the use of the tools for humans and integrating them with prior training in equine massage.

*Development of In-vitro and In-vivo Devices to Study the Mechanobiology of Ligament Healing* John Bayard Everingham, 2017. Ligament injuries are the most common sports injury in the United States. The current clinical practice for treating ligament injuries leaves many patients with significant pain and joint laxity for years following the initial injury. Controlled mechanical stimulation of the tissue after injury is necessary for robust healing, but the optimal mechanical environment for ligament healing is not fully understood. Alternative therapies such as instrument-assisted soft tissue mobilization (IASTM) offer a form of mechanical stimulation that is non-invasive and has shown promising clinical outcomes, but the optimal dosage for IASTM treatments is unknown. The objective of this study was to develop in vitro and in vivo experimental devices that can help determine the specific mechanical loads that strengthen and accelerate ligament healing. Two devices were developed: The in vitro device is a novel multi-axis mechanical stimulation bioreactor that can accurately apply tensile and combined tensile/compressive stress states to 3D fibroblast-seeded tissue constructs. The bioreactor consists of two independently controlled actuators (one tensile, one compressive), a tablet computer, and data acquisition hardware. The bioreactor was validated using gelatin constructs to simultaneously apply cyclic forces from 0.02 N with an accuracy of approximately 0.01 N and a high degree of repeatability. The in vivo device is a hand-held device to control the frequency and magnitude of applied force during IASTM treatments on

rats after ligament transection The device consists of a force sensor tablet computer and custom software to guide the application of user specified loading parameters during IASTM treatments The device accuracy was measured by applying a combination of force and stroke frequencies to rigid foam and was experimentally validated over a 3 week animal experiment The device was demonstrated to apply forces between 0.5N at frequencies from 0.1Hz with a high degree of accuracy and repeatability The devices validated in this study provide a framework for future studies The in vitro device can provide insight into the mechanobiological effects of different loading configurations on fibroblast seeded constructs including the simultaneous application of tensile and compressive loading which is similar to IASTM treatment The in vivo device will be used to perform animal studies that can assess the effects of varying applied force and frequency parameters during IASTM treatments Boise State University ScholarWorks

**Outpatient Rehabilitation of a Patient Following a Traumatic Neck Injury** Erica Jennison, 2017 A 58 year old female high school teacher was seen for physical therapy treatment for 6 sessions over three weeks at an outpatient physical therapy clinic Following a fall down twelve stairs six weeks prior the woman presented in clinic with primary complaints of pronounced neck stiffness and range of motion loss Treatment was provided by a student physical therapist under the supervision of a licensed physical therapist The patient was evaluated at the initial encounter with goniometry inclinometry the Deep Neck Flexor Endurance Test the Neck Disability Index and the Fear and Avoidance Beliefs Questionnaire and a plan of care was established Main goals for the patient were to improve strength range of motion reading tolerance and the ability to turn to look behind herself while driving Main interventions used were strengthening stretching manual joint and soft tissue mobilization instrument assisted soft tissue mobilization IASTM thermotherapy and patient education

**An Examination of the Effects of Mechanical Manual Therapies on Clinician and Patient-oriented Outcomes Measures** Russell T. Baker (Jr.), 2013 A dissertation of clinical practice improvement DoCPI is conducted using an action research philosophy to improve clinical practice The DoCPI is evidence of the transformation to a scholarly practitioner who has an established a path to advanced practice The DoCPI will include a Plan of Advanced Practice PoAP which displays and describes personal clinical reflection defined philosophies clinical focus areas and performance assessments to guide the clinical development of advanced practice The DoCPI will also include collected patient care outcomes from clinical practice along with reflection and analysis that indicates clinical growth and the development of advanced clinical skill Additionally a literature review on mechanical loading and instrument assisted soft tissue mobilization IASTM will be included to demonstrate sound foundational knowledge in an associated focus area Finally research projects will be included providing evidence for the development and dissemination of scholarly practice The end result of the DoCPI will be evidence of advanced clinical practice in the use of mechanical manual therapies to improve patient care

**Fascial Dysfunction** Leon Chaitow, 2014 Fascial Dysfunction Manual Therapy Approaches is the brainchild of Leon Chaitow who is well known to manual therapy practitioners through his many publications and conference presentation

In this book he has brought together contribution from 20 leading practitioners and researcher from many different fields of manual therapy The book is in it two section Section 1 written by Chaitow with a contribution by Tom Myers Presents a review of the current understanding of the function of fascia in the human body and describes what can go wrong the causes and effect of fascial dysfunction and disease and how to assess the problem and remove obstacles to the success of treatment Section 2 contains chapters by experts in different types of manual therapy including three by Chaitow Each practitioner describes their own approach to the problem of assessing and treating fascial dysfunction and explains their specialist therapeutic approach These approaches include The Bowen Technique Connective Tissue Manipulation and Skin Rolling Fascia oriented training applications in sports and movement therapy The Fascial Manipulation method applied to low back pain Fascial Unwinding Balanced Ligamentous Tension Technique Instrument Assisted Soft Tissue Mobilization IASTM Muscle Energy Techniques MET Myofascial Induction Therapy MIT Neuromuscular Technique and associated Soft Tissue Manipulation Modalities Positional Release Techniques including counterstrain Rolwing Structural Integration Management of Scars and Adhesions Massage Therapy and Fascia Trigger Point release methods including dry needling Fascial dysfunction is now recognised as one of the main underlying causes of musculoskeletal pain leading to impaired and reduced mobility These are the symptoms which confront all practitioners of manual therapy in their everyday practice Fascial Dysfunction Manual Therapy Approaches aims to help those practitioners to assess more precisely the dysfunction of their clients and its cause and to increase practitioner awareness of the various techniques which may help them in their attempts to alleviate their clients problems Book jacket

**A Data Requisition Treatment Instrument for Clinical Quantifiable Soft Tissue Manipulation** Abhinaba Bhattacharjee, 2019 Soft tissue manipulation is a widely used practice by manual therapists from a variety of healthcare disciplines to evaluate and treat neuromusculoskeletal impairments using mechanical stimulation either by hand massage or specially designed tools The practice of a specific approach of targeted pressure application using distinguished rigid mechanical tools to breakdown adhesions scar tissues and improve range of motion for affected joints is called Instrument Assisted Soft Tissue Manipulation IASTM The efficacy of IASTM has been demonstrated as a means to improve mobility of joints reduce pain enhance flexibility and restore function However unlike the techniques of ultrasound traction electrical stimulation etc the practice of IASTM doesn t involve any standard to objectively characterize massage with physical parameters Thus most IASTM treatments are subjective to practitioner or patient subjective feedback which essentially addresses a need to quantify therapeutic massage or IASTM treatment with adequate treatment parameters to document better analyze compare and validate STM treatment as an established state of the art practice This thesis focuses on the development and implementation of Quantifiable Soft Tissue Manipulation QSTM Technology by designing an ergonomic portable and miniaturized wired localized pressure applicator medical device Q1 for characterizing soft tissue manipulation Dose load response in terms of forces in Newtons pitch angle of the device stroke

frequency of massage measured within stipulated time of treatment all in real time has been captured to characterize a QSTM session A QSTM PC software Q WARE featuring a Treatment Record System subjective to individual patients to save and retrieve treatment diagnostics and a real time graphical visual monitoring system has been developed from scratch on WINDOWS platform to successfully implement the technology This quantitative analysis of STM treatment without visual monitoring has demonstrated inter reliability and intra reliability inconsistencies by clinicians in STM force application While improved consistency of treatment application has been found when using visual monitoring from the QSTM feedback system This system has also discriminated variabilities in application of high medium and low dose loads and stroke frequency analysis during targeted treatment sessions

## **Instrument Assisted Soft Tissue Mobilization Iastm** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Instrument Assisted Soft Tissue Mobilization Iastm**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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### **Instrument Assisted Soft Tissue Mobilization Iastm Introduction**

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