

# INSTRUMENT ASSISTED SOFT-TISSUE MOBILIZATION

Affectionately called “the scrape thingy” by our patients, we use a form of manual therapy known as instrument-assisted soft-tissue mobilization (IASTM) that is similar to the Graston technique. It is one of several manual therapy approaches that uses instruments with a specialized form of massage/scraping the skin gently.

The general goals of the therapy are to reduce the patient's pain and increase function through a combination of:

- Breaking down the scar tissue and fascia restrictions that are usually associated with some form of trauma to the soft tissue (e.g., a strained muscle or a pulled ligament, tendon, or fascia).
- Reducing restrictions by stretching connective tissue in an attempt to rearrange the structure of the soft tissue being treated (e.g., muscle, fascia, tendons, ligaments).
- Promoting a better healing environment for the injured soft tissue.

This technique is commonly used to address issues such as:

- TMJ Dysfunction
- Plantar Fasciitis
- Muscle Injury
- Frozen Shoulder
- Restricted Motion
- Whiplash
- Thoracic Outlet Syndrome
- Headaches
- Tennis/Golfer's Elbow
- Carpal Tunnel Syndrome

If your concerns aren't listed here and you want to know if IASTM can help, please ask us!