



Introduction To Instrument Assisted Soft Tissue Manipulation: Foundation Meets Application

By Chris Gellert, PT, MMusc & Sportsphysio, MPT, CSCS

Pinnacle
Training & Consulting Systems

Background

PTCS has created a dynamic home study and live seminar entitled “Instrument Assisted Soft Tissue Manipulation (IASTM).” A course designed for physical therapists and physical therapist assistants teaching the foundational material that most PTAs and PTs did not learn while in school. The program is relevant for PT’s and OT’s, as IASTM can save your hands and based on the research, is another evidenced based intervention that can address soft tissue dysfunctions.

What is IASTM?

IASTM uses a bevel edge instrument, which adds shearing stress to soft tissue to facilitate and enhance the body's healing response. The ability to focus a technical force along a small contact surface to your patient's target tissue, and do so with a relatively high level of comfort for both the patient and treating therapist is one of the best features of this technique.

Because your time is precious, you can study this material at your convenience

and learn how to integrate IASTM with your current manual therapy techniques to compliment and enhance your results even more! A manual therapist has a toolbox of manual techniques. Every clinician should learn the ‘how’ and ‘why’ behind IASTM, but learn how this will compliment myofascial release, soft tissue massage, joint mobilizations and other effective manual interventions while saving your hands. IASTM is a simple, yet effective, manual therapy technique that will help you achieve better results with your patients.

Why use IASTM?

- Significantly increases ROM
- Decreases peripheral resistance whereby increasing tissue temperature
- Decreases pain
- Increases microcirculation
- Increases tissue perfusion and alters micro vascular morphology in the vicinity of healing knee ligaments
- Accelerates tissue and ligament healing

Course Material

This course was designed to be systematic, evidenced-based and most importantly, have direct application that can be used immediately with your patients. It is our intent to also offer both a one-day and two-day IASTM live seminar course that will compliment the home study course. It will provide the attendee with the ability to gain and understand new knowledge on IASTM, learn how to assess more efficiently and practice the skills learned from the online course. The course comes with the following:

- A 150 page comprehensive CEU approved manual that has over 240 references divided into twelve distinct and separate chapters. That is filled with illustrations and graphics to enhance the learning experience.
- The student will have access to over 35 videos that compliment and review each of the twelve chapters of the IASTM Home Study Course. To access these videos, each student is required to provide a sign in on our secure website.
- All examination costs are included. To earn respective CEUs, a student must sign in on our secure website verifying to PTCS who they are. Once verified, PTCS requires every student to take an online 25 question multiple-choice examination. This examination can be taken anytime or are your leisure. Once the examination is complete and the student earns a score of 75%, the CEU certificate is sent directly to the student from PTCS.

Course description

The course is divided into twelve separate chapters. Which are listed below. The reason we choose this order, is that the material synergistically blends and compliments the previous chapter.

Chapter 1: Foundation and why behind of IASTM

Chapter 2: Research and effectiveness of IASTM

Chapter 3: Principles and benefits of IASTM

Chapter 4: Physiologic and neurophysiologic responses of IASTM

Chapter 5: Type of tools available

Chapter 6: Type of strokes, application and use

Chapter 7: Indications, precautions and contraindications with IASTM

Chapter 8: Fascia, fascial chain and the fascial slings

Chapter 9: Trigger points and adaptive shortening

Chapter 10: Clinical Patterns of Movement Dysfunctions and using IASTM

Chapter 11: IASTM techniques for upper body including cervical, shoulder, thoracic and elbow regions

Chapter 12: IASTM techniques for lower body including lumbar, hip, knee and ankle regions

Course Objectives

At the end of this course, the participant will be able to:

- Interpret and list two sources on the foundation and origin of Instrument Assisted Soft Tissue Mobilization (IASTM) and the latest research as it applies clinically.
- Apply the fanning stroke with a patient who has active or latent trigger points in their upper trapezius muscle.
- Independently defend selection of one IASTM tool and treatment plan for a specified clinical condition.
- Differentiate between the different types of IASTM tools available.

- Correctly compare mechanical and physiologic responses of IASTM when provided with a case study.

- Explain three key differences between a fascial restriction and muscle tightness.
- Identify two indications and two contraindications of IASTM for an instructor named clinical condition.
- Explain the rationale behind IASTM by comparing mechanical vs. neurological responses using the most current research.
- Understand what fascia is, how to identify common fascial restrictions using the IASTM and latest research.
- Based on instructor specified example indicating evaluation findings, will accurately choose the IASTM technique to manage the condition.
- Compare an active trigger point vs. a latent trigger point for patients diagnosed with fibromyalgia.

- Identify what a trigger point is, and how to use the IASTM tool to treat them respectively, taking into consideration the latest research and using safe, clinical reasoning.

- Justify the IASTM tool selected based on the presence of trigger points in a therapy evaluation.
- Compare the difference between the clinical patterns of spinal stenosis, spondylosis and lumbar radiculopathy in terms of each diagnoses behavior of symptoms, clinical findings, and common muscle imbalances.
- Understand common movement dysfunctions of the cervical, shoulder, spine, hip, knee, arm, and foot, using evidenced based research combined with clinical pattern recognition, to treat soft tissue dysfunctions using IASTM tool combined with manual therapy and myofascial release.

Course creator: Chris Gellert, PT, MMusc & Sportsphysio, MPT, CSCS, C-IASTM

Chris has been a practicing physical therapist for 18 years, a personal trainer for over 20 years and has taught seminars, courses and at conferences to personal trainers, massage therapists, physical therapy assistants and physical therapists for the past 15 years. He has developed over 15 home study courses, 5 live seminars and webinars teaching the foundation science, functional assessments and application science on human movement. His expertise is in orthopedics, particularly the spine, but has a insatiable desire teaching allied health professionals and fitness professionals on human movement, post rehabilitation training and related topics. He will pursuing a Fellowship in Orthopedics and Manual Therapy as well as an advanced Doctorate of Science (DSc) in the near future.

Contact hours: 12 CEU hrs as per FSBPT Pro Certification and has been approved for 4 CEUs - Approved By The NCTMB

Price: \$75.00

Cost includes access to course manual, ability to earn CEU's, as well as access to videos created by Pinnacle Training & Consulting Systems that compliment the home study course.