

INSTRUMENT ASSISTED SOFT TISSUE MANIPULATION (IASTM)



This course was designed to be systematic, evidenced-based and most importantly, have direct application that can be used immediately with your patients. 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 home study course. This is a course designed for therapists and therapist assistants teaching the foundational material that most PTs, PTAs, OTs, OTAs and Massage Therapists did not learn while in school.

The course is divided into twelve separate chapters.

- 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

Upon completion of this course, you will be able to:

- Interpret and list two sources on the foundation and origin of Instrument Assisted Soft Tissue Manipulation (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.
- 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 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.
- Compare an active trigger point vs. a latent trigger point for patients diagnosed with fibromyalgia.
- Justify the IASTM tool selected based on the presence of trigger points in a therapy evaluation.
- Design a plan of care, including the IASTM, for a patient diagnosed with either a rotator cuff repair, subacromial decompression, shoulder impingement or similar diagnoses.

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

Contact Hours: 12 Hours (12 PDU / 12 CEUs) | AOTA 1.2 CEUs | **Cost: \$85 / Participant**

Approvals: Approved by the FSBPT Pro Certification, State Physical Therapy Boards, State APTA Chapters, AOTA Approved Provider (Provider ID 9837). Please visit <https://blxtraining.com/accreditations/> for full list of approvals.

Target Audience: PTs, PTAs, OTs, OTAs and Massage Therapists.

Teaching Method / Course Material: Online independent self-study (training + post-test). A **144 page comprehensive course manual** that has over 240 references divided into twelve distinct and separate chapters. The course is filled with over 100+ illustrations and graphics, and access to **over 20 videos** that compliment and review each of the twelve chapters of the IASTM home study course. **Course Completion Certificate:** A printable (PDF) certificate by email.

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