

Instrument Assisted Soft Tissue Mobilization "SCRAPING"



IASTM is one of our favorite treatment options used to resolve pain and tightness in the body. The IASTM technique is a type of manual therapy that utilizes specialized ergonomic tools that massage and scrape the skin gently and help accelerate healing of soft tissue injuries to the connective tissues, muscles, neurological tissues, and skin. This soft tissue mobilization technique treats many conditions, including quadricep pain, rotator cuff pain, carpal tunnel syndrome, neck pain, lower back pain, plantar fasciitis, tennis elbow, and even headaches. The instruments make detecting and treating fascial dysfunction and scar tissue adhesions easier, triggering an instant inflammatory healing response.

Scar tissue is a type of fibrous connective tissue that receives less blood than normal tissue, stretches much less, and doesn't allow for optimal electrical conductivity from the brain. It tends to be thick and may build up around the ligaments, tendons, and muscles after an injury. Injuries that may result in adhesions include shin splints, pulled hamstrings, meniscal tears, and much more. It is believed that scar tissue and adhesions prevent the underneath body structures from moving properly. This is because the ligaments, tendons, and muscles are unable to move freely. It's problematic because scar tissue and adhesions manipulate fascia structures and cause a condition known as fascial restriction. Adhesions and scar tissue can also occur on a smaller scale due to a cross-linking of muscle fibers.





Over time, even the wear and tear of everyday life can cause muscle fibers to adhere to each other irregularly. With the IASTM technique, the treatment causes muscle fiber separation, releasing pain and increasing functional mobility.

Experienced medical professionals developed IASTM tools through years of detailed research. The use of these tools and their effectiveness has been scientifically validated repeatedly. This approach to fascia work reduces friction, allowing for precision, sensitivity, and depth that cannot be accomplished with the hands, knuckles, elbows, etc. They magnify the abnormalities (scars, restrictions, and adhesions) in the fascia and make locating the area to treat easier. Using a tool focuses the force through an area smaller than your finger with less friction, allowing a more efficient treatment. The goal is to trigger an inflammatory healing response, which stimulates the production of new collagen and accelerated, functional, pain-free healing. Sometimes therapists can apply this technique with too much intensity and depth, leading to more pain, bruising, inflammation, and fear with future treatments. Kivett Kinetic Solutions, LLC guarantees you a pain-free experience with minimal or no bruising! Most of our clients crave this treatment and don't even realize we are using instruments rather than our hands! There are many different versions of IASTM tools available, typically made of stainless steel or hard plastic and designed to contour the body's shape. SASTM®, Rock Blades®, Graston Technique®, Astym®, and HawkGrips® are just some of the tools commonly used by certified athletic trainers, physical therapists, and chiropractors.

