



HEALTH & PERFORMANCE CENTRE

## Information for Patients

# Instrument Assisted Soft Tissue Mobilization (IASTM)

### What is IASTM?

The utilization of instruments to aid the clinician in the detection and treatment of soft tissue dysfunction. The purpose of IASTM is to relieve the body of soft tissue tension and/or scar tissue, which may restrict blood flow and nerve function affecting the muscles and joints.

### How Does IASTM Work?

IASTM will help to stimulate the bodies healing process. The tools will allow us to assess and treat soft tissue injuries by applying gentle application of force to the area of injury. The application of force will help with mechanical gliding of the skin, fascia and nerves. IASTM will also help improve neuro-sensory pain modulation. When paired with other techniques IASTM can help speed recovery from injuries and increase performance depending on what each individual's goal is.

### Does IASTM hurt?

IASTM does not need to be an aggressive technique that causes pain and soreness when being performed. You can be a little sore after treatment and there may be some redness on the skin but this will usually subside within 24 to 48hrs

### What Can I Expect from IASTM?

Each individual treatment plan is tailored to each patient, however you may typically receive 1-2 treatments per week during 4 to 5 weeks. Most patients have a positive response by the 3rd or 4th treatment. Most patients are able to continue to perform their regular activities at home, work or sport.

### Is IASTM for You?

IASTM is suitable for anyone who is experiencing common problems such as:

- headaches
- back pain
- carpal tunnel syndrome
- shin splints
- shoulder pain
- sciatica
- foot pain/ plantar fasciitis
- knee problems
- tennis elbow and many other soft tissue injuries

### How do I book an appointment?

To arrange an appointment with a Dr. Robert Winslow within the Health and Performance Centre, please call 519-767-5011 (press 1 to reach reception).

**Health & Performance Centre**

University of Guelph

J.T. Powell Building, 2nd floor

Guelph, Ontario N1G 2W1

Phone: 519-767-5011 [uoguelph.ca/hpc](http://uoguelph.ca/hpc)