



BURGER BASICS

Instrumented Assisted Soft Tissue Mobilization (IASTM)

Understanding the Basics.

Q. What is IASTM?

A. IASTM is a form of cross friction massage based on the works of Dr. James Cyriax where “instruments” or a “Tool” are used in place of one’s hands.

Q. Why would I want IASTM?

A. Early Research and growing anecdotal evidence leads us to believe patients get better and quicker outcomes.

Q. How does IASTM work?

A. Mechanically, early evidence suggests that IASTM works as a stimulant of the inflammatory cascade. Meaning patients with musculo-skeletal problems involving muscles and soft tissue (i.e. Ligaments, Tendons and Fascia) who suffer from chronic pain and dysfunction may have their tissue “stuck” in the healing cascade and unable to heal themselves. Research shows that fibroblasts are significantly stimulated with the technique.

Q. When did IASTM begin?

A. Various models of the technique have been around in cultures for thousands of years. In the Western Healthcare Model, IASTM began in earnest during the early to mid 1990’s in Indiana.

Q. Who and what are the IASTM techniques?

A. There are 3 major companies in the IASTM market all originated from the same research and same principal “partners.” The original Technique was called Grastech, changing its name to Graston after the founder David Graston. Later on, Dr. Sevier, one of the principals left to start his own company ASTYM and later still, David Graston having sold Graston Technique started his own company SASTM.

Q. What difference is there between the 3 major IASTM companies?

A. Materials, Education and Business Model. The ***technique minus semantic vernacular is the same.***

Graston Technique: Stainless Steel Instruments, 25,5 hours of training, clinician purchases for aprox \$3700

ASTYM: Plastic Instruments, 12 hours of training, clinician pays \$700/yr for 10 years (\$7000 total)

SASTM: Plastic Instruments, 4-6 hours of training, aprox \$1000 investment.

Q. What does BURGER PHYSICAL THERAPY offer?

A. We offer Graston Technique at all twelve (12) of the Burger Physical Therapy sites. We feel that the Stainless Steel offers a better diagnosis and therapeutic application. The quality of their education model and the fact that steel instruments can be properly cleaned between uses from one patient to another helps us ensure a better outcome with our clients.

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