

# ***Freedom of movement, freedom from pain***

## ***Conditions that respond well to Astym treatment...***

- Lateral epicondylitis  
(tennis elbow)
- Carpal tunnel syndrome
- Knee pain
- Ankle pain
- Plantar fasciitis
- Hip pain
- Achilles tendinitis

If you've been suffering from a chronic condition that causes pain in your daily life, there is new hope through the Astym system.

Astym treatment, an innovative rehabilitation technique, addresses old injuries at the root of the problem. Often effective when other treatments have failed, it has brought pain relief and improved performance to many who have suffered for years.

To learn more about the Astym system and find out if it may be right for you, call us today.

**ASTYM<sup>®</sup>**  
***Changing rehab, Changing lives***

# ***When work hurts... practical, proven solutions to get your employees back on track***

## ***Conditions that respond well to Astym treatment...***

- Lateral epicondylitis  
(tennis elbow)
- Medial epicondylitis  
(golfer's elbow)
- Carpal tunnel syndrome
- DeQuervain's tenosynovitis
- Wrist sprains
- Shoulder pain
- Post-operative scar tissue

If you have employees that suffer from chronic conditions that cause pain and hinder productivity on the job, there is new hope through the Astym system.

Astym treatment, an innovative rehabilitation technique, addresses old injuries at the root of the problem. Often effective when other treatments have failed, it has brought pain relief and improved performance to many who have suffered for years.

To learn more about the Astym system and find out how it may help your employees, call us today.

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# ***Get back in action with Astym treatment***

## ***Conditions that respond well to Astym treatment...***

- Plantar fasciitis
- Heel pain
- Achilles tendinitis
- Chronic ankle sprains
- Shin splints
- Knee pain
- Hip/groin pain
- Hamstring strains
- IT band syndrome
- Limited rotation
- Lateral epicondylitis  
(tennis elbow)
- Medial epicondylitis  
(golfer's elbow)
- Carpal tunnel syndrome
- Wrist sprains
- Shoulder pain

If you've been suffering from a chronic injury that causes pain when you participate in athletic activity, there is new hope through the Astym system.

Astym treatment, an innovative rehabilitation technique, addresses old injuries at the root of the problem.

Often effective when other treatments have failed, it has brought pain relief and improved performance to many who have suffered for years.

To learn more about the Astym system and find out if it may be right for you, call us today.

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