



Astym[®] treatment is regenerative soft tissue therapy that rebuilds and heals the soft tissues of the body. By eliminating pain and restoring movement, Astym treatment helps people all across the country every day.

- **Astym treatment is safe and effective:** The Astym approach is one of the most researched and effective therapy treatments available. It is unmatched in its ability to resolve tendinopathies, scar tissue problems, and other soft tissue dysfunctions. Doctors regularly prescribe Astym treatment specifically for their patients, who often prefer Astym therapy to treat their condition rather than undergoing surgery, injections or other invasive treatments.
- **Short treatment course:** A typical course of treatment lasts only four to six weeks (8-10 visits).
- **You get to stay active:** During Astym therapy you are typically encouraged to continue most normal activities. Consult with your healthcare providers to find out exactly what is right for you.
- **It really fixes the problem:** Astym treatment doesn't just treat the symptoms or hide a problem with a temporary solution. Instead, the Astym process stimulates the body to regenerate and remodel tissues. Response rates to Astym therapy are high, and most patients experience improvement.
- **Certified providers:** Only certified Astym therapists offer this therapy. These certified clinicians undergo intensive training and they will give you the results you expect from Astym treatment.
- **Research:** Astym treatment was developed by experienced medical professionals through detailed scientific and clinical research and years of clinical use.

What you can expect

First they stimulate: An Astym-certified therapist will conduct a thorough evaluation, and then follow specific treatment parameters to initiate a regenerative process, that encourages the resorption of scar tissue and the regeneration of damaged soft tissues. Instruments are run firmly along your skin, following the direction of the muscle, tendon or ligament. You will feel bumps as the instrument moves along your skin. These bumps indicate defective or damaged soft tissue. The first couple of treatments may range from being only slightly noticeable to mildly uncomfortable. As your body heals, those bumps will decrease and the area around your injury will smooth out nicely, indicating healing. There also may be some mild bruising and soreness in the area being treated. That is one indication that the body is hard at work, absorbing the old dysfunctional tissue and laying down healthy new tissue. Most patients typically experience a decrease in pain with an increase in movement within the first 3-4 treatments.

Then you stretch and strengthen: It's up to you to guide how your body heals. Your therapist will give you a customized stretching and strengthening program designed to encourage your body to maximize the strength and agility of soft tissue. Stretching tells the new fibers to line up properly, in nice parallel lines. Strengthening makes the fibers stronger.

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