

“Fascia to Function”

Soft Tissue restrictions, “scar tissue”, have plagued patients, athletes and therapists alike for thousands of years. History has documented ancient practitioners using bone, ox horn, stone and wooden tools, tearing healthy tissue embedded with collagenous restrictions, impeding movement, strength and functional activities.

Manual Therapy including: Rolfing, Cyriax's Cross Fiber Massage, Myofascial Release, and Deep Tissue Massage take their toll on the hands of practitioners. Manual techniques create overuse limiting or shorten a practitioner's career.

Instrumented Soft Tissue Mobilization, **ISTM**, is an effective technique of fascial manipulation releasing collagenous restrictions in contractile and non-contractile tissues. Collagenous restrictions, “*scar tissue*”, inhibit motion, create pain, limit strength, function and performance. Instrumented Soft Tissue Mobilization **ISTM** utilizes instruments of metal, plastic, jade with various bevels and curvatures to detect and alter scar tissue.

Using functional, 3 - Dimensional treatment applications, patients experience successful outcomes with: chronic ankle pain & fibrosis, supraspinatus tendonosis, achilles tendinosis, plantar fasciosis, posterior tibialis strain, trigger thumb, hamstring tendinopathy, posterior interosseus neuropathy, subacute lumbar compartment syndrome, costochondritis, knee arthrofibrosis & quadriceps insufficiency following patellar tendon repair, chronic bursitis and other soft tissue conditions.

Utilizing non-porous *solid instruments* compared with casted or forged stainless steel prevent the transmission of bacteria from patient to patient as well as a vibrational effect for a more complete collagenous release. Asymmetric perimetered treatment edges fit a greater number of body parts and treatment applications at any angle. Specifically defined treatment edges require applications of less pressure preventing patient soreness / bruising as well as preventing discomfort in the hands of the practitioner.

This evidenced based, hands on workshop, creates opportunities for practitioners to feel the edges, evaluate the differences of manual treatments and learn how to augment their human touch and extend the life of a career.

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