

Information for:

Referring Physicians

SASTM.com

Sound Assisted Soft Tissue Mobilization

How Does SASTM work?

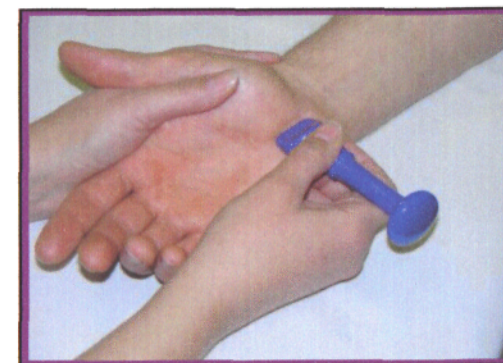
The SASTM method is a form of instrument assisted soft tissue mobilization. This method enables clinicians to effectively locate and treat areas of soft tissue dysfunction through the use of an instrument, thus preventing overuse of their hands.

Instruments effectively break down fascial restrictions and scar tissue. The ergonomic design of these instruments provides the clinician with the ability to locate restrictions through sound waves. This allows the clinician to locate and treat the affected area with the appropriate amount of pressure.

The introduction of controlled micro-trauma to affected soft tissue structure causes the stimulation of a local inflammatory response. The micro-trauma 'initiates healing'...

...in the reabsorption of inappropriate fibrosis or excessive scar tissue and facilitates a cascade of healing activities, resulting in remodeling of affected soft tissue structures. Adhesions within the soft tissue, which may have developed as a result of surgery, immobilization, repeated strain or other mechanisms, are broken down allowing full functional restoration to occur.

Training & Therapeutic Solutions for Enhanced Performance



Our SASTM Team is committed to helping you define and meet your goals in the areas of:

**Therapy / Wellness
Personal Training
Performance
Post Rehabilitation**

Working with individuals of all ages to identify weaknesses in your biomechanics and to design a personal therapy or wellness program to meet your individualized needs.

SASTM Method

Common Treatable Diagnoses include:

Benefits

Repetitive motion produces an inflammation process, which over time results in chronic pain. This inflammation process also produces scar tissue which creates muscular imbalances, resulting in decreased performance.

We use instruments designed to detect and treat scar tissue. This treatment is called SASTM or Sound Assisted Soft Tissue Mobilization.



'micro-trauma initiates healing'

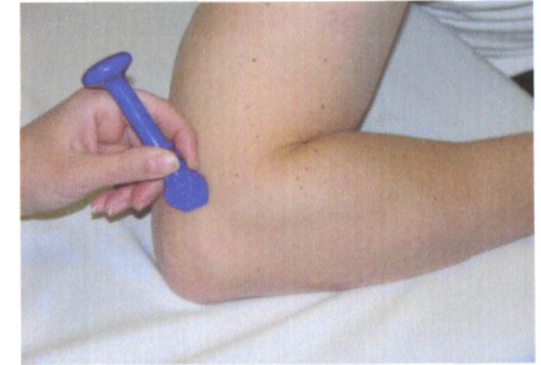


Tennis Elbow
Golfer's Elbow
Knee Pain
Neck Pain
Shoulder Pain
Hip Pain
IT Band

Back Pain
Shin Splints
Ankle Sprains
Plantar Fasciitis
Carpal Tunnel
Hamstring Injury
Trigger Finger



The SASTM Program incorporates biomechanic testing, flexibility/strength training & SASTM treatments along with education to enhance and improve your biomechanics in order to sustain life long fitness results.



SASTM provides the following benefits:

- ~Restores function and reduces pain where other treatments have failed.
- ~Reduces the need for surgical intervention.
- ~Contributes to the overall reduction of health related costs.
- ~Allows individuals to stay on the job, and keeps athletes in action.
- ~Provides physicians with an alternative to offer their patients.
- ~Provides a marketing tool for providers and payers to increase referrals to a facility.