



INSTRUMENT ASSISTED SOFT TISSUE MOBILISATION

LEVEL 1

Course Over view:

Instrument assisted soft tissue mobilization, or IASTM, is the use of specialized tools to perform Myofascial or soft tissue work. It is an alternate treatment option that a trained therapist may use to resolve pain and tightness.

Course contents:

The objective of this course is to teach Instrument Assisted Soft Tissue Mobilisation (IASTM) techniques which are designed to give you the underpinning knowledge required to get the best results from working with this increasingly popular technique. You will be able to use this technique the very next day after the course.

Whether you are a therapist with an injured patient or a trainer who's client needs more range of movement through various areas of their body, this technique will enhance your current clinical outcome. Instrument-assisted soft tissue mobilization (IASTM) enables clinicians to effectively break down scar tissue, fascial restrictions, Myofascial trigger points, adhesions and change muscle tonus.

The technique utilizes a specifically designed stainless steel instrument which is used to both assess and treat areas exhibiting soft tissue dysfunction. By the end of the course, the participants should be able to correctly identify and treat soft tissue dysfunctions that are amenable to treatment through the use of this modality.



**FAST RESULTS!
REDUCES TREATMENT
TIME!
HUGE HAND SAVER!**

Course Outline

Introduction, Basics of IASTM, Tool Selection, IASTM Stroke Techniques, Integrating Movement Evaluation, Soft Tissue Patterns, Body Specific Treatments Of Upper Quarter & Lower Quarter, Applying Movement Evaluation in the management with IASTM

Resource Person : Dr.Mohamed Kassim PT, GCOMT(Australia), CMP,CES,CFMS

Course Coordinator: Dr.Vinod Kumar Jain, HOD - PT, NOVA SPORT

Venue: Nova Specialty Surgery -Opus, 143, 1st Cross, 5th Block, Koramangala, Bangalore-34

Date: 01/12/2013 **Course Fees:** 1200/-

Participant(Max 30): Clinical Physiotherapist, Manual Therapist & Occupational Therapist.

About the Instructor:

Dr. Mohamed Kassim is a Physiotherapist & Manual Therapist with more than 10 years experience in managing Musculoskeletal conditions. He currently works in Brunei Darussalam as a Musculoskeletal Physiotherapist in RIPAS hospital. He uses Eclectic approach in managing the patients and is actively involved in research on Soft Tissue mobilizations. He has set up a website for Manual Therapy education.(www.mkmanualtherapy.com) to provide quality education on Manual Therapy.

Note: There will be considerable amount of Hands on training in this program.

Attire: Please bring/wear shorts and a tank top to the program.

Required supplies: Please bring 1 bath towel & 1 hand towel to the program