

IASTM

Instrument-assisted soft tissue mobilization (IASTM) is the use of hard tools to manipulate soft tissue and was derived from the cross-friction massage concept. It has recently emerged as a popular complementation or alternative to traditional manual therapy techniques. Similar to massage, the motions used during IASTM treatments vary in direction, force, and pattern and allow for pressure to be dispersed to the underlying tissues. Modern-day IASTM instruments vary in material (eg, stainless steel, plastic, stone, wood) and design.

Despite instrument and protocol variability, all of these techniques and companies fall under the IASTM umbrella. Studies have found that IASTM facilitates the healing process through increased fibroblast proliferation, increased collagen synthesis, maturation, and alignment.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6709755/pdf/i1062-6050-54-7-808.pdf>

https://www.physio-pedia.com/Instrument_Assisted_Soft_Tissue_Mobilization

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4932073/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5039777/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5331993/>

<https://www.multibriefs.com/briefs/cb-tecnica/TecnicaGavilanResearch.pdf>