

# MED TECH

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**OUTLOOK**

**PAIN  
MANAGEMENT**  
EDITION



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## ASTYM THERAPY

CONSISTENTLY RELIEVING PAIN  
BY CURING THE UNDERLYING  
CAUSE

\$15



# Astym Therapy

## Consistently Relieving Pain by Curing the Underlying Cause

Pain management often focuses on controlling pain through drugs and invasive treatments, without addressing the source of pain. This approach has led to an over reliance on opioid medication resulting in a crisis of misuse, addiction and overdoses. A new answer for pain management is desperately needed, and Astym therapy steps up with a practical solution. Chronic pain often occurs from the degeneration of soft tissues or scar tissue resulting from injury or repetitive motion. People put wear and tear on the soft tissues of their bodies all the time, and the body does not necessarily get stronger in response. Almost always there are pockets of dysfunction, either scar tissue or weak/damaged areas that need help. Astym therapy not only targets the painful areas, it has the unique ability to also identify hidden areas of dysfunction that may be contributing to pain. Once the injuries and limitations are identified, Astym therapy relieves pain by healing and strengthening soft tissues.

What is it exactly? Highly trained clinicians use transparent blue instruments to glide across the skin in the injured areas and in adjacent areas that make up the “kinetic chain.” Pressures are imparted into muscles, tendons and other soft tissues which engage the regenerative mechanisms of the body, initiating a healing response. It can look fairly simple, but don’t let the appearance fool you. The instruments are FDA registered and years of scientific research have gone into developing the methods and protocols, so it cannot be replicated at home. Imitations have sprung up (known as “IASTM”), but IASTM falls woefully short compared to genuine Astym therapy. You can waste your time and risk injury if you are not working with an Astym-Certified Clinician.

Why is Astym therapy so different? It does not just treat symptoms, it actually heals the underlying problem. “Astym therapy engages the regenerative mechanisms of the body, and it is unlike any other approach out there,” says Thomas L. Sevier, MD, the Medical Director for Astym therapy. Sevier goes on to say: “We bring a drug-free, non-invasive, and cost-



effective solution for pain management, helping patients actually heal the source of pain.”

Astym therapy is the outcome of prolonged scientific research conducted by a multidisciplinary team of physical therapists, medical doctors, biomechanists, exercise physiologists, and other scientific and medical professionals. Major hospitals and universities worked together. The rare occurrence of multi-disciplinary research yielded something extraordinary. The team developed a regenerative treatment capable of stimulating the body’s healing mechanisms to resorb scar tissue and regenerate damaged soft tissues. Astym therapy routinely resolves tendinopathies, stiffness, scar tissue from injury or surgery, sprains, and crush injuries. Scar tissue from surgery may cause restricted movement and pain, but Astym therapy can resolve most of those cases.

The countless patient stories that individuals have shared on [astym.com](http://astym.com) show glimpse of how many people out there are living with chronic pain. The patient stories often



seem to follow the same theme. People could not resolve their pain no matter how many treatments they tried, but once they found Astym therapy, it relieved their pain and gave them their life back.

Clinicians certified in Astym therapy undergo intensive training developed from extensive scientific research. The initial certification occurs in a blended training experience (both online and in-person) or virtual instruction/labs, with detailed, lab-based, hands-on training. Following certification, ongoing clinical support is offered, as well as advanced education for specific patient groups or conditions, such as runners, golfers, post-surgical patients, and more. This specialty training opens up new opportunities for clinicians, giving them the expertise to easily expand their practice into wellness, performance enhancement of athletes, inclusion into clinical care pathways for surgical patients, etc.

The rigorous training to become Astym-Certified delivers consistent impressive results. Its reliability is confirmed by over 10,000 independent outcomes collected by hundreds of Astym-Certified clinicians in different settings, such as outpatient therapy clinics, hospitals, in the military, within industry and in the workplace. With this real-world data, the success rate of Astym therapy can easily be identified for particular groups. For example, in the general population for tennis elbow: 91.2% success rate with only 10 treatments; athletes for Achilles tendinopathy: 95.1% success rate with only 9 treatments, and so on. “For providers, it is a huge advantage to have solid information showing the predictability and reliability of Astym therapy. Having substantial data that predicts a short treatment course and

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high resolution rate is key in smart decision making,” adds Sevier.

A prime example of Astym’s impact is the story of an NFL player who suffered a major injury that almost ended his career. Despite quality care and the best surgeon, the player had persistent pain and limited motion. He spent over a year trying every treatment available and was losing hope that he could recover. Finally, he found Astym therapy and was thrilled with the results. With Astym’s help, the player didn’t just recover, but exceeded his pre-injury level of performance and significantly extended his career in the NFL.

Soft tissue injuries and limitations are often the forgotten stepchildren in healthcare, but successfully treating these are critically important for moving well, and for moving without pain. The reason soft tissue injuries were ignored for so long, is that often there were no good treatment options. Injuries that did not heal on their own, or with standard treatment, became chronic. “We encourage the lost causes of chronic plantar fasciitis, tennis elbow and other tendinopathies to find an Astym-Certified provider,” says Dr. Sevier, “relief is possible, even if they have been suffering for years.”

Not every therapist can perform Astym therapy, as it is higher-level care. Clinicians must undergo intensive training and testing before becoming Astym-Certified.