

### Saturday

<b>TIME</b>	<b>TOPIC</b>
8:00-8:30	Course Introduction and Astym Therapy Review
8:30-8:45	Summary of Contraindications, Precautions and Indications
8:45-9:10	Application Lecture
9:10-9:25	Application Demo
9:25-9:55	Application Lab
9:55-10:05	Break
10:05-12:00	Clinical Application: Elbow, Wrist and Hand
12:00-12:30	Lunch
12:30-1:30	Elbow, Wrist and hand: Practical Exam
1:30-1:45	Break
1:45-2:00	Treatment of Surgical Incisions & FAQs
2:00-3:35	Clinical Application: Shoulder/Shoulder Girdle
3:35-3:45	Break
3:45-4:35	Shoulder Girdle: Practical Exam
4:35-4:45	Break
4:45-5:15	Bringing Astym Therapy into Your Clinic
5:15-6:00	Written Test and Course Evaluation

## Sunday

<b>TIME</b>	<b>TOPIC</b>
7:00-7:10	Q&A's on Astym Therapy and Upper Extremity
7:10-7:55	Clinical Application: Foot, Ankle, and Knee (Lecture)
7:55-8:00	Break
8:00-10:30	Clinical Application: Foot, Ankle, and Knee Lab (Includes Demo)
10:30-10:35	Break
10:35-11:45	Practical Exam: Foot, Ankle, and Knee
11:45-11:50	Break
11:50-12:15	Clinical Application: Hip, Pelvis and Back (Lecture)
12:15-12:45	Lunch
12:45-2:15	Clinical Application: Hip, Pelvis and Back Lab (Includes Demo)
2:15-2:25	Break
2:25-2:55	Exercise Lab for the Lower Kinetic Chain
2:55-3:00	Break
3:00-3:15	Combining Foot, Ankle, Knee with Hip, Pelvis, Back (Demo)
3:15-4:00	Q&A's / Written Exam



## Astym<sup>®</sup> Therapy Two Day Certification Course Course Syllabus

### Online Portion

#### **Astym Therapy Course Introduction (0.50 hr):**

- Presentation providing a general overview of Astym Therapy
- Presentation discussing what to expect with the online learning and onsite course.
- The background of Astym therapy is given
- Why it was developed and the research behind the program.

#### **Astym Therapy Physiology (1.25 hr):**

- Review of the pathophysiology of many musculoskeletal disorders
- Why tendinopathy does not respond to conventional treatments
- Research and development behind Astym therapy
- Presentation of the physiologic processes initiated by application of Astym therapy
- Comparison of Astym therapy to other treatment techniques
- Benefits, general indications and application, as well as the philosophy of Astym therapy

#### **Astym Therapy Research (1.0 hr):**

- Presentation on the body of the peer reviewed published evidence supporting Astym therapy
- Review and discussion on treatment theories, basic science/lab research, research progression to the clinical level
- How the published evidence base differentiates Astym therapy from IASTM
- Presentation of the Research Overview and key findings of published clinical studies

#### **Astym Therapy Upper Extremity Anatomy (1.50 hr):**

- Successfully performing Astym treatment requires a good knowledge of anatomy and function of the areas being treated. This anatomical knowledge is important

because to be the most effective, the strokes made with the Astym instruments need to be made in proper alignment with the muscles, tendons, and ligaments in each area. The more specific you are to the anatomy, the more successful your Astym treatment will be. As part of your online learning experience we have provided a complete set of Anatomy review tutorials.

### **Astym Website Presentation (0.50 hr):**

- Presentation and overview of the website to educate Astym certified clinicians of the support resources available for them. Ongoing clinical support with advanced educational opportunities, professionally designed marketing resources and the Astym therapy outcome system.
- How clinicians become a provider of choice with Astym therapy, and understanding the support team at Performance Dynamics for additional assistance.

### **Demonstration of the Astym Treatment (0.25 hr):**

- Presentation of theoretic patient example
- Video demonstration of full Astym treatment and patient-friendly verbal explanation of treatment process and goals
- Discussion and presentation of appropriate exercises for the patient example

### **Astym Treatment Review (0.25 hr):**

- How does the physiologic response to Astym Treatment translate to clinical care?
- Presentation of: Physiologic indications and cellular response, dosing of treatments and clinical benefits of utilizing Astym therapy

### **Indications, Precautions and Contraindications (1.0 hr):**

- Presentation of absolute contraindications to Astym treatment
- Detailed discussion of Precautions to Astym treatment: situations that might require medical clearance or adjustments in the plan of care. These include: co-morbidities, post-operative status, unusual physical responses, and effects of pharmaceuticals.
- Further extensive information on the many conditions where Astym treatment is utilized

### **Application of the Astym Treatment (0.25 hr):**

- Presentation of the technical and mechanical aspects of the treatment, including: Appropriate patient and clinician positioning, pros and cons of various emollients, description of the Instruments and their specific purpose(s), regions covered during each treatment session, and dosing of treatment concepts
- Presentation of additional key points for success with Astym therapy

### **Therapeutic Loading (0.50 hr):**

- Presentation of how and why load of the tissue is so critical to recovery
- Additional information on: different types of tissue load, how exercises are chosen, and prescription of corrective exercise, as it relates specifically to Astym therapy
- Discussion regarding the goals of tissue loading, loading variables and how Astym therapy clients will respond differently to progressive loading
- Presentation of two case studies and discussion on individualized exercise prescription

### **Astym Therapy Putting It All Together (0.50 hr):**

- Presentation on how to incorporate Astym treatment in the clinical setting
- Key methods for the evaluation process, baseline testing, patient education, exercise prescription, home instructions, and documentation requirements, specific for Astym treatment
- Presentation of case study, with examples given for subsequent visits, progression of care, treatment expectations, problem solving and conclusion of care

### **Specific Hand Therapy and Treatment Tips (0.25 hr):**

- Clinical tips for a variety of diagnoses, specific to the hand and wrist
- Presentation and demonstration of individual Astym therapy protocols for treatment of DeQuervain's Tenosynovitis, Trigger Finger, and First CMC pain.

## Saturday

### **8:00 – 8:30: Course Introduction and Astym Therapy Review – Lecture (0.5 hr.)**

- Presentation of teaching philosophy, course objectives, over-view of course activities
- Introduction of Instructors
- Review of issued paperwork: description of lecture and various lab guides, as well as associated clinical materials
- Review of resources available on the Astym website
- Review of key principles regarding the physiologic response to Astym treatment and how this translates to the clinical setting

### **8:30 – 8:45: Summary of Contraindications, Precautions and Indications – Lecture (0.25 hr.)**

- Extensive list of the impact of co-morbidities presented in the Online Course are re-grouped in a manner to facilitate decision-making process in the clinic

### **8:45 – 9:10: Application – Lecture and Interactive Portion (0.5 hr.)**

- Presentation of the technical and mechanical aspects of the treatment, including: description of the Instruments and their specific purpose(s), progression of the various Instruments, technical vocabulary of stroke patterns and types, concept of Treatment Edge, Treatment Angle, Speed, Pressure, and Tissue Tension, recommendations regarding scope of areas treated, the frequency and duration of each session
- Presentation of additional key points for success with Astym therapy
- Guided practice of specific hand-holds of each Instrument, and with each specific type of stroke

### **9:10 – 9:25: Application – Demo (0.25 hr.)**

- Live demonstration of: hygienic application and use of emollient, patient positioning, and specific stroke patterns

### **9:25 – 9:55: Application – Lab (0.5 hr.)**

- Guided instruction for each type of Astym therapy basic stroke pattern
- Participants perform and experience all basic stroke patterns.
- Focused feedback from Instructors regarding: instrument hand holds, pressure, speed and angle of strokes

- Participants perform basic stroke patterns individually on an Instructor, with 1:1 corrective feedback given

### **9:55 – 10:05: Break**

### **10:05 – 10:50: Clinical Application: Elbow, Wrist, Hand – Lecture and Demonstration (0.75 hr.)**

#### **Lecture Portion:**

- Detailed presentation of the relevant upper extremity anatomy, distal to the Deltoid muscle, through and including the hand
- Presentation of the anatomy as it relates to specific conditions appropriate for Astym therapy
- Clinical tests to be performed in conjunction with Astym therapy
- Presentation of individual Astym therapy strokes superimposed on anatomical drawings

#### **Demonstration Portion:**

- Video demonstration of the Astym therapy - *Elbow, Wrist and Hand Sequence*, with an emphasis on: Instrument hand holds, speed and angle of strokes, anatomic specificity

### **10:50 – 12:00: Clinical Application Lab: Elbow, Wrist, Hand (1.25 hr.)**

#### **Lab Portion:**

- Guided instruction for treatment of each section and each region of the *Elbow, Wrist and Hand Sequence*
- Participants pair up then perform and experience treatment according to the *Elbow, Wrist and Hand Sequence*
- Focused feedback from instructors regarding: patient positioning, instrument hand holds, speed and angle of strokes, treatment pressure, anatomic specificity, problem solving strategies, and time management

### **12:00 – 12:30: Lunch**

### **12:30 – 1:30: Elbow, Wrist and Hand Practical Exam (1.0 hr.)**

- Each participant performs the full *Elbow, Wrist and Hand Sequence* on a second participant, for corrective feedback regarding protocol progression, application, speed and pressure, sequence, proper handholds and timing. This activity includes a graded practical exam.

### **1:30 – 1:45: Break**

### **1:45 – 2:15: Clinical Application: Shoulder/Shoulder Girdle– Lecture, Demonstration (0.50 hr.)**

#### **Lecture Portion:**

- Detailed presentation of the relevant anatomy of the shoulder, shoulder girdle, cervical and thoracic spine, and intercostal regions
- Presentation of the anatomy as it relates to specific conditions appropriate for Astym therapy
- Clinical tests to be performed in conjunction with Astym therapy
- Presentation of individual Astym therapy strokes superimposed on anatomical drawings

#### **Demonstration Portion:**

- Video demonstration of the Astym therapy – *Shoulder and Shoulder Girdle Sequence*, with an emphasis on: Instrument hand holds, speed and angle of strokes, and anatomic specificity

### **2:15 – 3:20: Clinical Application Lab: Shoulder/Shoulder Girdle (1.0 hr.)**

#### **Lab Portion:**

- Guided instruction for treatment of each section and each region of the *Shoulder and Shoulder Girdle Sequence*
- Participants perform and experience treatment according to the *Shoulder and Shoulder Girdle Sequence*
- Focused feedback from instructors regarding: patient positioning, instrument hand holds, speed and angle of strokes, treatment pressure, anatomic specificity, problem solving strategies, and time management

### **3:20 – 4:20: Shoulder and Shoulder Girdle: Practical Exam (1.0 hr.)**

- Each participant performs the full *Shoulder and Shoulder Girdle Sequence* on a second participant, for corrective feedback regarding protocol progression, application, speed and pressure, sequence, proper handholds and timing. This activity includes a graded practical exam.

### **4:20 – 4:30: Break**

### **4:30 – 4:45: Clinical Application: Treatment of Surgical Incisions – Lecture and Demonstration (0.25 hr.)**



- Lecture presentation of stroke techniques specific to treatment of surgical incisions with Q & A
- Video presentation of Astym therapy techniques for the treatment of surgical scars

**4:45 – 5:15: Bringing Astym Therapy into Your Clinical Setting – Interactive Discussion (0.5 hr.)**

- Interactive discussion of prepared clinical scenarios and questions, related to Astym therapy, addressed to the participants
- Discussion to facilitate successful incorporation of Astym therapy into clinical practice. Concepts includes: Tips for Monday, standard order of treatment, time management strategies, sources for clinical support, recommendations to facilitate tissue recovery

**5:15 – 6:00: Written Test and Course Evaluation (0.75 hr.)**

- Written exam on Lab and Lecture materials for the Upper Extremity
- Participants fill out course evaluations

## Sunday

### **7:00 – 7:10: Q & A's on Astym Therapy and Application (0.25 hr)**

- Interactive question and answer session

### **7:10 – 7:55: Clinical Application: Foot, Ankle and Knee: Lecture and Demonstration (0.75 hr)**

- Detailed presentation of the relevant lower extremity anatomy, distal to the hip joint, and through and including the foot
- Presentation of the anatomy as it relates to specific conditions appropriate for Astym therapy
- Clinical tests to be performed in conjunction with Astym therapy
- Presentation of individual Astym therapy strokes superimposed on anatomical drawings and the review of classic patterns of dysfunction seen in various lower extremity diagnoses

### **7:55 – 8:00: Break**

### **8:00 – 10:30: Clinical Application: Foot, Ankle and Knee – Interactive Lab (2.5 hr)**

- Lab and interactive instruction on Astym therapy – *Foot, Ankle and Knee Sequence*, with an emphasis on: Patient positioning, instrument hand holds, speed and angle of strokes, anatomic specificity, problem solving strategies, time management
- Guided instruction for treatment of each section and each region of the *Foot, Ankle and Knee Sequence*
- Participants perform and experience treatment according to the *Foot, Ankle and Knee Sequence*
- Focused feedback from instructors regarding: patient positioning, instrument hand holds, speed and angle of strokes, treatment pressure, anatomic specificity, problem solving strategies, and time management

### **10:30 – 10:35: Break**

### **10:35 – 11:45: Practical Exam: Foot, Ankle, and Knee (1.25 hr)**

- Interactive practical lab with feedback and correction of stroke patterns and sequences

- Each participant performs the full *Foot, Ankle, and Knee Sequence* on a second participant, for corrective feedback regarding protocol progression, application, speed and pressure, sequence, proper handholds and timing. This activity includes a graded practical exam.

### **11:45 – 11:50: Break**

### **11:50 – 12:15: Clinical Application: Hip, Pelvis and Back – Lecture (0.5 hr)**

- Detailed presentation of the relevant anatomy of the lateral leg, hip girdle muscles, superficial abdominal muscles, intercostals, groin, lumbar and sacral regions
- Presentation of the anatomy as it relates to specific conditions appropriate for Astym therapy
- Clinical tests to be performed in conjunction with Astym therapy
- Presentation of individual Astym therapy strokes superimposed on anatomical drawings
- Classic pattern of dysfunction seen in hip diagnoses

### **12:15 – 12:45: Lunch**

### **12:45 – 2:15: Clinical Application: Hip, Pelvis and Back Lab: Interactive Lab (1.5 hr)**

- Lab and interactive instruction on Astym therapy – *Hip, Pelvis and Back Sequence*, with an emphasis on: Patient positioning, instrument hand holds, speed and angle of strokes, anatomic specificity, problem solving strategies, time management
- Guided instruction for treatment of each section and each region of the *Hip, Pelvis and Back Sequence*
- Participants perform and experience treatment according to the *Hip, Pelvis and Back Sequence*
- Focused feedback from instructors regarding: patient positioning, instrument hand holds, speed and angle of strokes, treatment pressure, anatomic specificity, problem solving strategies, and time management

### **2:15 – 2:25: Break**

### **2:25 – 2:55: Exercise Lab for Lower Kinetic Chain (0.5 hr)**

- Presentations of and active participation in various loading exercises appropriate for lower quadrant Astym therapy patients

**2:55 – 3:00: Break**

**3:00 – 3:15: Combining Foot, Ankle, Knee with Hip, Pelvis, Back – Demo (0.25 hr)**

- Guided demonstration combining *Foot, Ankle and Knee Sequence* with the *Hip, Pelvis, and Back* in preparation for Practical Exam

**3:15 – 3:30: Questions, Answers and Written Exam (0.25 hr)**

- Written exam on Lab and Lecture materials from Sunday

**3:30 – 4:00: Lower Extremity Protocols-Interactive Practical Exam (0.50 hr)**

- For the interactive practical exam, each participant performs the full *Foot, Ankle and Knee Sequence* on a second participant, for corrective feedback and grading purposes