



“Scraping?!” What the heck is that?

I have used a technique called ASTYM for a long time and it really works. Most of my clients call it “scraping”. That is harsh to say the least, but I get it. Teammates tell teammates and patients tell their friends and the brushfire of a name is born.

They be more specific, however. ASTYM or Graston or IASYM all in the family of techniques used to treat muscle pain, tightness/stiffness and dysfunction and to enhance normal movement and mobility. It comes in the form of crazy looking devices that are manipulated over the skin with varying amounts of pressure in directions that follow the fiber alignment of muscle and connective tissue. It focuses on promoting the body’s natural inflammatory response to assist with healing and recovery. It is effective and has science to back it up.

To get the most out of the technique, the physical therapist or performance specialist you are working with should combine with an exercise program that promotes movement and addresses the dysfunction that has been assessed. Stretching, strengthening and flexibility/mobility activities are key to the techniques success and should be focused, but not so much as to ignore other areas that may be contributing to the problem or may be negatively affecting recovery.

There are indications and contraindications for the techniques, and they should be discussed with you by the physical therapist. Want to learn more? Contact us at www.elitelevelpt.com

