

## YOUR HEALTH

### ASTYM® TREATMENT FOR SOFT TISSUE PROBLEMS

Northwest Therapy offers ASTYM® (A-stim), a non-invasive manual technique effective in treating patients dealing with frustrating chronic soft tissue disorders and scar tissue.

ASTYM aids rehabilitation of soft tissue by stimulating the body's healing processes to efficiently reabsorb and remodel scar tissue associated with chronic pain and dysfunction. Excellent clinical results have been seen using ASTYM treatment, which promotes the regeneration of tendons by inducing new collagen growth.

Diagnoses successfully treated with ASTYM include:

- Tennis elbow
- Patellar tendonitis
- Plantar fasciitis
- Post-op pain due to scarring

ASTYM encourages patients to remain active in their daily work and exercise routines in order to support the growth of stronger, more functional tissue. ASTYM is ideal for active patients in search of effective treatment to eliminate chronic pain associated with chronic tendonitis and the scar tissue that forms after injury or surgery.

### LEARN MORE

- The ASTYM™ System – Helping Patients Heal (link to ASTYM physician info 7-10.pdf)
- What's ASTYM Treatment Like? (link to <http://www.astym.com/patients/treatment.asp>)
- Click here to watch a short video of the ASTYM process (link "Click here" to <http://www.astym.com/video/>)

# Resolve Chronic Injuries

Plantar Fasciitis

Achilles Tendinosis

IT Band Syndrome

Shin Splints

Knee Pain

Hip Pain



You worked hard to get to where you are...don't let an injury stop you.

ASTYM (A-Stim) treatment is a dramatically different way to treat overuse injuries that affect runners.

Rather than just treat symptoms, the ASTYM process zeroes in on the underlying physiology responsible for injuries. The treatment stimulates the return of healthy tissue, allowing you to keep doing what you love to do.

*Best of all...keep running.*

**ASTYM**<sup>®</sup>  
Keeping runners running

