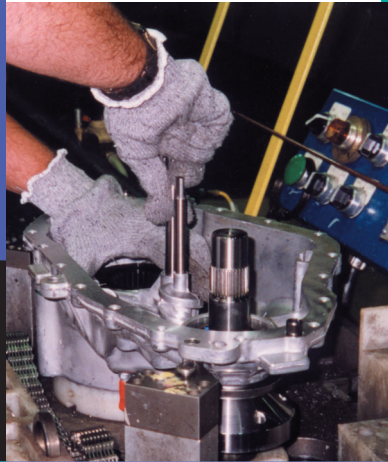


The logo for ASTYM, featuring the word "ASTYM" in a bold, white, sans-serif font with a blue swoosh underneath. The letters "A", "S", and "T" are connected.

freedom of movement, freedom from pain



The ASTYM™ System

HELPING PATIENTS HEAL

I have had the privilege of sending patients for this treatment and have been impressed with their positive results. I have seen approximately 90-95% relief of my patients' symptoms utilizing this technique and plan to continue using this method in the future for soft tissue problems.

— JOHN M. GALLAGHER, MD
CINCINNATI, OHIO

The ASTYM System is a rehabilitation treatment that provides a breakthrough in the way soft tissue injuries are treated. The System identifies and treats abnormal soft tissue, tapping into the body's natural healing process to enable rapid return to activity, free from pain and limitation.

What can the ASTYM System do for you?

- Resolve tough cases, even in chronic situations
- Keep patients in their work, sport, or activity
- Predict results based on an extensive outcomes database
- Enhance your success by helping your patients succeed

Why is the ASTYM System necessary and how does it work?

Adhesions, scar tissue, and other inappropriate fibrosis within soft tissue can result from trauma, surgery, immobilization, repetitive strain, or other stresses. Research has also shown that in many cases of chronic tendinitis, the tissue is not inflamed but is degenerative. Most treatments ignore these soft tissue dysfunctions, and therefore are not effective treating the problems that result from them. The remarkable success of the ASTYM System is due to the fact that it directly addresses dysfunctional soft tissue, the underlying source of many problems.

Scientific research and substantial clinical experience indicate the ASTYM System improves dysfunctional tissue through the following process:

- A clinician certified in the ASTYM System uses patented instruments to evaluate the tissue, locating dysfunctional soft tissue through the resonance of the instruments.
- The treatment/stimulation from the instruments initiates a healing response. Research indicates that there is an increase in fibroblast recruitment and activation following treatment with the ASTYM System instruments.
- As the healing process progresses, a customized exercise program is prescribed to encourage optimal tissue healing and collagen remodeling.
- Throughout treatment, patients are encouraged to stay active in their work, sport and daily activities. This facilitates tissue healing in a functional pattern and encourages the tissue to remodel in a way to support the demands of the patient's activities, which decreases the risk of reinjury.

www.astym.com

ASTYM™

freedom of movement, freedom from pain

In my years of practice, few approaches have changed the way that I deliver care. The ASTYM System has changed the way that I treat my athletes and patients.

— DONALD A. CHU
PHD, PT, ATC, CSCS



What's different about the ASTYM System?

- **It is effective both as a “first-choice” and “last-resort” treatment**
 - The treatment often succeeds where other approaches failed.
 - The treatment addresses the underlying pathology as well as the site of pain.
 - The treatment facilitates tissue turnover and stimulates the remodeling and regeneration of tissue that was scarred, fibrotic or degenerated.
 - The treatment jump starts the healing response rather than mediating the inflammatory process.
 - The patient remains active during the treatment, which provides the stresses necessary for optimal healing.
- **It is supported by scientific research, outcomes data and substantial clinical experience**
 - Through our partnerships with universities, industries, healthcare facilities and other research institutions, significant study of the physiology and the clinical application has been performed.
 - These studies guided the development of the treatment and consistently demonstrate the effectiveness of the ASTYM System.
 - The extensive outcome database provides specific guidelines for the appropriate number of therapy sessions and probable outcomes for each diagnosis.
 - The outcome data may be analyzed by a number of factors, including diagnosis, patient type, comorbidities and much more.
- **It has high patient compliance**
 - The patients feel the texture of their dysfunctional tissue and how it improves as they are treated, increasing their understanding of their condition and the rehabilitation process.
 - The treatment focus is on patients' abilities rather than their disabilities.
 - The home program typically takes less than 10 minutes each day.

Diagnoses that respond well to the ASTYM System

- Post-surgical scarring
- Post-traumatic fibrosis
- Trigger finger
- Carpal tunnel syndrome
- Lateral epicondylitis
- Medial epicondylitis
- DeQuervain's tenosynovitis
- Wrist sprains
- Shoulder pain
- Plantar fasciitis
- Chronic ankle sprains
- Achilles tendinitis
- Shin splints
- Anterior knee pain
- Patellar tendinitis
- Hamstring strains
- IT band syndrome
- Hip pain/trochanteric bursitis
- SI and low back pain
- Most forms of chronic tendinopathies
- Soft tissue changes associated with degenerative arthritis

What should I tell the patient?

- The ASTYM System is a form of non-invasive soft tissue therapy that is designed to stimulate your body's natural healing process. It has the ability to address the underlying problems, not just the symptoms.
- This technique allows you to feel the soft tissue restrictions that may be contributing to your problem and you will notice that as the tissue smoothes out, your pain will decrease and your function will improve.
- The ASTYM System is breaking down the adhesions that form after injury and is stimulating the healing process. Therefore, you may experience some soreness to touch or bruising after treatment. The ASTYM treatment may be somewhat uncomfortable for the first few sessions, but this will improve as treatment progresses.
- To help your body heal effectively, it is important to drink plenty of water each day and follow the stretching program and activity guidelines that you will be given.

Who provides the ASTYM System?

Certified rehabilitation clinicians provide the ASTYM System. Certification is only available through Performance Dynamics,® Inc., the researchers and developers of the System. To achieve certification, each clinician must undergo an intensive training course that includes lab instruction, written testing and practical testing. Once certified, the clinicians are part of the nationwide Performance Dynamics® Network, which provides the benefits of ongoing research, education and outcome collection analysis for the ASTYM System.