

The logo for ASTYM features the word "ASTYM" in a bold, blue, sans-serif font. A registered trademark symbol (®) is positioned to the upper right of the letter "M". A light blue, curved swoosh underline is positioned beneath the letters "A", "S", and "T".

ASTYM®

Rid Yourself of Pain With The
ASTYM System



H2 HEALTH

The ASTYM System is a therapy approach that addresses problems such as scarring, fibrosis, and degeneration that occur in soft tissue. The ASTYM therapy approach treats injuries that have developed as a result of trauma, surgery, or overuse.

Treatment has proven effective for **new injuries** as well as **chronic**, nagging conditions.

How does it work?

The ASTYM therapy approach uses instruments along the surface of the skin to locate problem areas and stimulate the body's healing process. As the body heals, exercise and activity help guide the healing which allows you to return to activities without pain and limitation.



To the left is an example of how the ASTYM System would treat a patient with carpal tunnel.

The success of the ASTYM therapy approach is documented for a wide variety of diagnoses and many times it helps patients where other treatments have failed.

What diagnoses respond well to ASTYM?

- 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
- Patellar tendinitis
- Hamstring strains
- IT band syndrome
- Post-surgical scarring
- Post-surgical fibrosis
- Hip pain/trochanteric bursitis
- SI and low back pain
- Most forms of chronic tendinopathies
- Soft tissue changes associated with degenerative arthritis

A look at the ASTYM instruments

The instruments are ergonomically designed to allow rapid identification and effective treatment of areas exhibiting texture changes (abnormalities).



What makes the ASTYM System different?

- It demonstrates success when other approaches have failed.

- It can decrease the need for surgical intervention.
- It provides maximum results with a minimal and predictable number of treatments.
- It has high patient compliance and satisfaction.
- It often enables patients to stay on their job or continue to participate in their sport while healing.
- It is supported by scientific research, substantial clinical experience and an extensive outcomes database.

Why is The ASYTM therapy approach an effective treatment when others fail?

- The ASYTM treatment does not just address the specific area of pain, but effectively and efficiently treats the entire extremity.
 - If you think of the joints in our body as links in a chain, and a chain only being as strong as

its weakest link, and then treating an entire extremity as opposed to one specific area makes a lot of sense.

- While most treatments simply reduce inflammation, the ASTYM therapy approach restores the abnormal tissue to a more healthy state.
- This approach reduces the incidence of the injury reoccurring.

What are patients saying?

Trail Runner magazine interviewed Kami Semick, the winner of the 2005 Trail Runner Trophy Series ultra division, on her experience with ASTYM. Here is a section of that article:

“I was definitely a doubter,” she recalls, “but now I’d absolutely recommend ASTYM as a part of rehabilitation.”

“Last summer, Semick ran two 100-kilometer races within a five-week period. Her Achilles tendon started

to flare up, so she turned to the typical therapy of ice, rest, ultrasound and massage.”

“I got a little relief, but the problem always crept back in,” says Semick.

For months, Semick went through the frustrating and expensive racing and therapy cycle. After winning the Bend Marathon in October, she heard about ASTYM and hesitantly went in for treatment.

Within a month of ASTYM protocol combined with rigorous stretching, wearing a night splint and adjusting her orthotics, Semick’s injury had healed.



What can you expect from treatment?

Clinicians certified in the ASTYM System will use the instruments to treat not only painful areas, but also other problem areas that may contribute to your condition.

- **During treatment**, you may feel areas that are “rough” or “bumpy.” These are abnormal areas that need to be addressed.
- **Over the course of treatment**, you will notice “rough areas”. As these “rough” areas smooth out, your pain will decrease and your function will increase.
- **Following treatment**, you may notice some bruising and soreness to touch in areas that were rough. This shows that the body is addressing the abnormal tissue through the natural healing process. This bruising occurs infrequently and is not a reason to stop the treatment.



- You will receive a custom-designed stretching and exercise program to help your body rebuild healthy tissue and allow you to return to an active lifestyle.
- Activity is encouraged.
- Use of braces/splints is minimized.
- Most patients experience a **significant change** in their symptoms in the first 3-4 visits.
- Treatment lasts 6 - 12 sessions.
- Patients are discharged from treatment with **improved function, decreased pain**, and the knowledge of how to manage the physical stresses incurred with activity.

