



Restore. Revitalize. Recover. **ASTYM**<sup>®</sup>

For over *two years* I had suffered from *tennis elbow*. I finally found Astym treatment and by the second session, I could not believe the change in my arm pain – I no longer needed the arm band. When I completed Astym therapy, *I felt like I had a new arm*.

— Kim, Astym patient, Cleveland, Tennessee

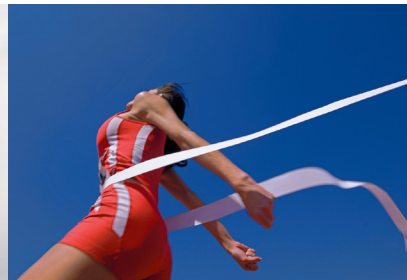
The first Astym treatment was *a revelation*. I ran that night after treatment and was *ecstatic*. *No pain!* You can imagine how this news tore through our local running community. I would be on a run chatting with someone about my miracle discovery, and another runner would approach and ask me what that name was again. I think half a dozen runners have followed me to Astym therapy.

— Ingrid, Runner, Professor, Mom, Tacoma, Washington

I honestly think of *Astym therapy as the new wonder drug!*

— Brian David, Former NFL Player

**Get back in the game, on the course, running the race & back on track!**



**MOVE**  
the way you used to

**Astym<sup>®</sup> Therapy**  
...treatment for soft tissue disorders

**Stoughton Hospital**  
Trusted care. Close to home.

**ASTYM**<sup>®</sup> Restore. Revitalize. Recover.

**The Regenerative Medicine of Therapy<sup>™</sup>**

*Astym<sup>®</sup> treatment...  
regenerative soft tissue therapy that  
rebuilds and heals the soft tissues of the body.*







# ASTYM<sup>®</sup>

## The Regenerative Medicine of Therapy™

*Astym<sup>®</sup> treatment rebuilds and heals  
the soft tissues of the body;  
it eliminates pain and restores movement.*

Some of the more common diagnoses showing **excellent clinical results** from Astym therapy:

### General Conditions

- Chronic tendinopathy
- Joint and muscle stiffness
- Sprains and strains
- Conditions resulting from dysfunctional scar tissue or fibrosis (post-traumatic, post-surgical, etc.)

### Specific Conditions

- Achilles Tendinopathy
- Anterior and Posterior Tibialis Tendinopathy
- Arthrofibrosis
- Carpal Tunnel Syndrome
- Chronic Ankle Pain and Stiffness
- Chronic Wrist Pain and Stiffness
- DeQuervain's Tenosynovitis
- Golfer's Elbow
- Hamstring Strain
- IT Band Syndrome
- Jumper's Knee
- Trochanteric Bursitis
- Lateral Epicondylopathy
- Low Back Pain (nonradicular)
- Medial Epicondylopathy
- Patellar Tendinopathy
- Plantar Fasciopathy
- Post-Mastectomy Scarring
- Post-Surgical Scarring/Fibrosis
- Rotator Cuff Tendinopathy
- Scar Tissue/Fibrosis
- Tennis Elbow

- **Astym treatment is safe and effective:** It is one of the most researched and effective therapy treatments available. It is **unmatched** in its ability to resolve tendinopathies, scar tissue problems, and other soft tissue dysfunctions. Physicians have confidence in Astym therapy and regularly prescribe it specifically for their patients, advising them to confirm a clinician is Astym-certified by checking the listing under Find a Provider at [www.astym.com](http://www.astym.com)
- **Short treatment course:** A typical course of treatment lasts only four to six weeks (8-10 visits), and during treatment, there are usually no restrictions on activity, which is a welcome change from other restrictive treatment options.
- **It really fixes the problem:** Astym therapy doesn't just treat the symptoms or hide a problem with a temporary solution. Instead, the Astym process stimulates the body to regenerate and remodel tissues. Response rates to Astym therapy are high, and most patients experience improvement quickly.
- **Certified providers:** Only certified Astym clinicians offer this therapy. Clinicians undergo intensive training and testing to obtain certification and provide the results people have come to expect from Astym treatment. **There is no substitute for Astym therapy.** Find an Astym-certified provider at [www.astym.com](http://www.astym.com)
- **Research:** Astym therapy was researched and developed by a skilled team of medical professionals, scientists, universities, and large hospital systems. It is perhaps the only therapy approach that was produced through rigorous scientific development: from theory through basic science investigation to clinical study and practice.



*The patient's **physical response to Astym therapy is unbelievably quick.**  
The science and data on Astym therapy really make a difference. I have  
confidence using a treatment that is **researched, observed, tested and  
re-tested, instead of something that's unfounded and anecdotal.***

— Chad Loup, MD, Orthopedic Surgeon

Astym<sup>®</sup> treatment safely and effectively stimulates scar tissue to be resorbed by the body and regenerates damaged soft tissues. It is **highly effective** in chronic conditions such as plantar fasciopathy, lateral epicondylopathy, chronic hamstring or groin injuries, tendinopathies and post-traumatic/post-surgical scarring – **even when nothing else seems to work.** It is also very effective on sprains, strains, and speeds recovery in acute and sub-acute soft tissue injuries.

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[www.astym.com](http://www.astym.com)

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