

## **Astym therapy keeps you on the course and in the race!**

### **What is Astym therapy?**

Astym® (A'-stim) treatment is known for **setting the standard in soft tissue therapy**. It successfully resolves many difficult conditions, including chronic tendinopathies and movement restrictions/pain resulting from scar tissue, including post-operative and post-traumatic scar tissue problems.

### **Diagnoses that respond well to Astym therapy:**

- Plantar fasciitis
- Shin splints
- Hamstring strains
- SI and low back pain
- Chronic ankle sprains
- Anterior knee pain
- IT band syndrome
- Achilles tendinitis
- Patellar tendinitis
- Hip pain/trochanteric bursitis

Astym treatment is one of the **most researched and effective therapy interventions available, and it is unmatched in its ability to resolve a wide range of soft tissue dysfunctions**. Developed by physicians, physical therapists and scientists, this evidence-based approach delivers exceptional results that are rapid, predictable, and unparalleled.

Only certified Astym therapists offer this therapy. These certified clinicians undergo intensive training and they will give you the results you expect from Astym treatment.

To find a certified Astym treatment provider near you, [click here](#)

### **What can Astym treatment do for you?**

- Astym treatment is safe and effective
- You get to stay active: During Astym therapy you are actually encouraged to continue normal activities while you recover
- It's non-invasive: No needles, no incisions
- Astym treatment works quickly: A typical course of treatment lasts only four to six weeks (8-10 visits)
- It really fixes the problem: Astym treatment doesn't just treat the symptoms or hide a problem with a temporary solution. Instead, the Astym process stimulates the body to regenerate healthy tissues, and heal properly and completely

## Astym Therapy is Like Wildfire Through a Running Community

Thursday, October 31, 2013 by Astym Stories

At 49, I had finally started to admit I was going to have to give up running for good. After 13 years of low mileage running, I was to the point of such pain that I couldn't run a 1/2 mile without stopping and stretching. It turns out that isn't running. It's jogging between stretching.

I had completed almost a year of physical therapy a year prior with the most effort I've ever given to rehab. I did exercises 5x a week and I hadn't improved my pain much. I feared all the naysayers were right: I was going to be a middle aged running casualty and have to find something else to keep me happy and healthy.

Then I saw a discussion of Astym treatment in Runner's World. My neighbor recommended a local therapist and I called that day.

The **first treatment was a revelation**. I think I actually got a little high from having the sensation of carrying 10 lbs. of cement lifted from my left thigh. **I ran that night 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. They proudly show me their bruising the next week; the badge of honor of getting an injury resolved. We're all giddy with the unexpected possibility of running without pain.

Many treatments later, **I've done what seemed impossible a few months ago**: I've added longer mileage than I've ever been able to run. I'm running trails. Having just completed a 10 mile race, I'm tackling my first-ever a half-marathon up a 2000 foot mountain trail. And I can do this without worry because of my rehab. It's incredible to have my running back--and it's great to be **healthier than I've been in decade**.

I told my therapist, Anna, that I'd proudly wear a t-shirt that said "Ask me about Astym therapy" and she handed me a brochure.

Ingrid, Runner, Professor, Mom, Tacoma, WA

## A Miracle: chronic hamstring problem cured with Astym therapy

Friday, October 18, 2013 by Astym Stories

I had a **chronic hamstring pull for over 25 years**. As a runner, it was extremely difficult to run with any regularity. I visited a sports medicine physician and he recommended Astym therapy. I had six treatments and **my chronic hamstring problem disappeared**. This was **three years ago and I've had no recurrence** of any hamstring problem.

Henry, Runner, Boca Raton, Florida

## Half-marathon: Astym relieved my tendonitis

Sunday, September 29, 2013 by Astym Stories

I had tendonitis in my posterior tibialis that made running difficult. I love running, but for the past two years, it has been painful. After Astym treatment, I was able to run a half marathon and have been feeling great!

Jenna, runner, Corvallis, Oregon

To watch a short video of the Astym treatment [click here](#)

Or visit <http://www.astym.com> for more information.