

Course Syllabus
Instrument Assisted Soft Tissue Mobilization
Introduction to Instrument Assisted Soft Tissue Mobilization (IASTM)

<u>INSTRUCTOR</u>	Charles C. Annunziata, DC, CFMP
<u>TIME</u>	1 Hour
<u>COURSE OBJECTIVE</u>	To understand how the dynamics of fascia and soft tissue and the effects of Instrument Assisted Mobilization on this tissue.
<u>STATEMENT OF PURPOSE</u>	The purpose of this course is to aid the Chiropractic Profession by providing Chiropractors with instruction necessary to understand the functional role of fascia and the techniques we can use to manipulate this fascia in order to heal injured tissue.
<u>OVERVIEW OF COURSE</u>	This course will review the fascial network of the body and how this network provides support for stabilization as well as flexibility for movement. This fascia can be manipulated through various soft tissue mobilization techniques and we will discuss one of these techniques, IASTM, at a deeper level.
<u>COURSE OUTLINE</u>	
HOUR 1	The function of the fascial network on the human body. Fascial wrapping and it's connections. Tensegrity and the role of myofibroblasts in fascial contraction. Tissue mobilization effects on the sympathetic and parasympathetic nervous system. Effects of injury on the soft tissue structure causing pain and altered movement patterns. An introduction to IASTM tools and their effect on soft tissue structures by increasing healing, nerve conduction, and fluid dynamic. Contraindications to IASTM treatments.