

Course Syllabus
Instrument Assisted Soft Tissue Mobilization
Treatment Protocols: Spine and Pelvis

COURSE OBJECTIVE To understand how to use Instrument Assisted Soft Tissue Mobilization (IASTM) to evaluate and treat soft tissue structures of the spine and pelvis.

STATEMENT OF PURPOSE The purpose of this course is to aid the Chiropractic Profession by providing Chiropractors with instruction necessary to understand how to treat the soft tissue structures of the spine and pelvis using Instrument Assisted Soft Tissue Mobilization

OVERVIEW OF COURSE This course will review the soft tissue of the cervical, thoracic, lumbar spines and pelvis and how to evaluate and treat these structures using IASTM protocols.

COURSE OUTLINE

HOUR 1 An introduction to IASTM tools and treatment protocols and when to use the different types of tools and strokes.
Contraindications to IASTM treatments.
Cervical spine evaluation and treatment of the trapezius, cervical paraspinal, occipital based attachment, SCM, scalenes, levator scapula and TMJ musculature.
Thoracic spine evaluation and treatment of the upper, middle, and lower trapezius, thoracic paraspinal, and rhomboid musculature.
Lumbar and pelvic evaluation of the lumbar paraspinal, quadratus lumborum, multifidus, rotatores, gluteus medius, and piriformis musculature as well as the lumbodorsal fascia, and iliolumbar ligaments.
Evaluation and treatment of the coccygeal ligaments and mobilization of the coccyx.