

Course Syllabus
Instrument Assisted Soft Tissue Mobilization
Treatment Protocols: Upper Extremities

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

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 upper extremities using Instrument Assisted Soft Tissue Mobilization

OVERVIEW OF COURSE This course will review the soft tissue of the shoulder, elbow, wrist and peripheral nerves of the upper extremities 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.
Shoulder evaluation and treatment including the trapezius, rhomboid, levator scapula, teres minor, infraspinatus, supraspinatus, pectorals, and deltoid musculature.
Elbow evaluation and treatment including triceps, biceps, forearm flexors, forearm extensors, forearm pronators and forearm supinator musculature.
Wrist evaluation and treatment including the flexor retinaculum, extensor retinaculum, thenar and hypothenar eminences, thumb and finger intrinsic musculature.
Evaluation and treatment of musculature and fossa surrounding the upper extremity peripheral nerves.