

Redefine.

Health Education

HawkGrips

IASTM Evidence Based Update

Course Syllabus

I. Primary Instructor(s): Dr. Scott W. Cheatham PhD, DPT, ATC

scheatham@csudh.edu

Dr. Scott is a university educator, researcher, and clinician. He is an international conference presenter and has authored over 140 peer reviewed publications, textbook chapters, and home study courses on the topics of sports medicine, orthopedics, fitness, and myofascial interventions. Dr. Scott is a practicing physical therapist with a board specialty in orthopedics. His current clinical practice includes sports medicine, orthopedics, and sports-performance training.

[Scott Cheatham CV](#)

II. Financial Disclosures: The authors and presenters of this content are consultants of HawkGrips. Instructors are compensated for contributing to/teaching HawkGrips courses/webinars. Instructors do not receive reimbursement for the sale of HawkGrips instruments or products at any time.

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III. Post Professional Learning Level: Beginner/Basic

IV. Statement of Non-Discrimination: This course is made available to all *physical therapist and physical therapist assistant* licensees on a non-discriminatory basis.

V. Verification of Attendance:

Attendance will be verified through Zoom. Following the course, all attendees who have viewed the session in its entirety will be given instructions to move on

to the post-course quiz and course evaluation to obtain credit & receive a completion certificate. All attendees who did not attend in its entirety will be given instructions on how they can watch the recorded webinar & will then be prompted to complete the same steps.

VI. Statement of Relevance to PT Practice: IASTM is a commonly used treatment method. This presentation is meant to provide healthcare professionals with an update on the most current evidence related to the use of IASTM in musculoskeletal treatment.

VII. Differential Diagnosis content: This course contains 0 hours of differential diagnosis content.

VIII. Mode of Instruction (select all that apply):

MODE	Definition	Place X, if applicable
Live, In-Person	Interactive, in-person (same physical space)	
Live, Virtual	Interactive, virtual classroom, synchronous*	X
Online Self-Paced	Asynchronous**, online, self-paced	X
Not Online Self-Paced	Asynchronous, text/workbook, self-paced	
Hybrid	Mixed synchronous and asynchronous instruction. <i>Please spell out the format in your course description/schedule as if you were explaining it to a prospective student.</i>	

*Synchronous – at the same time, live, students can engage/interact with instructor at the same time

**Asynchronous – independent study, students and instructor cannot engage/interact at the same time

IX. Course Description:

This 1-hour livestream webinar (and then on-demand recording) will discuss the current research evidence and scientific theories behind IASTM. Suggested treatment strategies will also be discussed. This course is for the healthcare provider who desires an evidence-based update of IASTM.

X. Course Outline (if online self-study)

Module #	Module Title/Description	Reading Time/ Video Run Time
1	Recording of live presentation	1 hour
2	Quiz	5 minutes
Total contact hours (rounded down to nearest 0.25 hr)		1

Course Schedule (if LIVE)

Introduction & Lecture – 50 minutes

Q & A – 10 minutes

Quiz – 5 minutes

XI. TOTAL Course Contact Hours Requested: 1 Hour

XII. Materials/Resources: N/A

XIII. Course Objectives:

1. Participant will be able to discuss the current evidence behind IASTM
2. Participants will be able to detail recommended IASTM treatment strategies
3. Participants will be able to discuss current IASTM research evidence including strengths and weaknesses.

XIV. Competency Demonstration: At the conclusion of the course, students must demonstrate a minimum of 80% proficiency in the following course assessments to achieve a passing grade. The assessments will demonstrate that the student has met the objectives listed in Section IX:

Assessment	Description	Points
<i>Written Quiz</i>	<i>MC quiz</i>	100
Possible Points	-----	100

- 1) What are the two scientific theories behind myofascial compression interventions?
- Mechanical and neuro-physiological
 - Increased blood flow and breaking up scars
 - Increased myofascial mobility and restore mobility
 - None of the above

Correct Answer: A

Learning outcome: 1

- 2) What are four therapeutic benefits from IASTM cited in the literature?
- Increased strength, increased speed, increased endurance, and pain tolerance
 - Improved ROM, pain modulation, improved performance, and mobility
 - Increased strength, increased speed, decreased pain, and decreased muscle length.
 - None of the above

Correct Answer: B

Learning outcome: 2

- 3) What are the current evidence based weaknesses of the IASTM research?
- The body of evidence has produced mix results for IASTM
 - The body of evidence has produce overwhelming evidence for IASTM
 - There are no well designed published clinical studies
 - B and C

Correct Answer: A

Learning outcome: 3

XV. Course Evaluation

<https://forms.gle/nr6NYzTA2oQv7WDa8>

XVI. Complete Reference List:

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