

# Redefine.

## Health Education

HawkGrips

### Level I: IASTM Fundamentals

Course Syllabus

- I. **Primary Instructor(s):** [See this link for CVs and Bios of all current instructors.](#)
  
- II. **Financial Disclosures:**

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

HawkGrips instruments and products are used for demonstration purposes. Demo instruments and products are also provided for lab-based instruction during in-person courses. Participants are under no obligation to use or purchase HawkGrips branded instruments or products at any time.

The sole purpose of all course content is for education and HawkGrips does not intend to endorse or oppose any specific products, brands, or manufacturers within their educational content.
  
- III. **Post Professional Learning Level:** Beginner/Basic (Introductory)
  
- IV. **Statement of Non-Discrimination:** This course is made available to all physical therapists and physical therapist assistants, occupational and occupational therapist assistants, athletic trainers, chiropractors, and massage therapist licensees on a non-discriminatory basis.
  
- V. **Verification of Attendance:** In-Person attendance is verified through a sign-in and sign-out sheet. Virtual attendance is verified with a virtual sign-in sheet, completed by the HawkGrips moderator, who records the time in and time out for the zoom meeting. Both versions are stored in the company drive and/or CRM. Participants in all courses complete the pre-course modules & quiz, and post-course course competency exam and evaluation in the HawkGrips learning platform. Participants do not have access to course certificates until course components are completed in the learning platform. Participants must also attest to independent completion of all course requirements before downloading their certificate.

**VI. Statement of Relevance to PT Practice:** This course discusses the basics of Instrument Assisted Soft Tissue Mobilization, which is a commonly used intervention in PT practice. This course covers the evidence, scientific theory, and safe application of IASTM with the goal of teaching Physical Therapy practitioners to utilize IASTM techniques as part of their overall treatment strategy when clinically appropriate.

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

**VIII. Mode of Instruction:**

<b>MODE</b>	<b>Definition</b>	<b>Place X, if applicable</b>
<b>Live, In-Person</b>	Interactive, in-person (same physical space)	<b>X</b>
<b>Live, Virtual</b>	Interactive, virtual classroom, synchronous*	<b>X</b>
<b>Online Self-Paced</b>	Asynchronous**, online, self-paced	
<b>Not Online Self-Paced</b>	Asynchronous, text/workbook, self-paced	
<b>Hybrid</b>	Mixed synchronous and asynchronous instruction.	<b>X</b> (there is a self-paced, pre-course component to both course versions, however, <b>this is considered live</b> )

**IX. Course Description:**

This course (offered both Live, In-Person or Live, Virtual) is an introductory skills acquisition course covering the basics of Instrument Assisted Soft Tissue Mobilization (IASTM). Participants will receive hands-on instruction in the appropriate use of IASTM, through a lab-focused teaching format. This course first addresses the science behind the myofascial system and myofascial dysfunction, the history and science of IASTM, and the current body of IASTM research. Participants will then learn IASTM instrument anatomy, basic IASTM strokes including how to target specific soft tissue regions and dysfunctions, and relevant IASTM treatment parameters & variables with a focus on clinical rationale to support the overall treatment strategy.

X. Course Outline

**Course Schedule (In-Person)**

<b>Time</b>	<b>Description</b>	<b>Contact Hours</b>
<i>Self-Paced, Pre-Course</i>		
60 Min, 5 Sec	Pre-Course Module 1 "IASTM Evidence-Based Update"	1.0
58 Min, 50 Sec	Pre-Course Module 2 "IASTM Instruments & Techniques"	1.0
30 Minutes	Pre-Course Quiz – 30 Questions	0.5
		<b>Total = 2.5</b>
<i>Live, In-Person</i>		
8-9:30 AM	Lecture: Myofascial Science, IASTM Theories & Mechanisms of Action, IASTM History, Instrument Anatomy, Treatment Considerations & Parameters, Precautions/Contraindications	1.5
<i>9:30-9:45 AM</i>	<i>Break</i>	<i>0.0</i>
9:45-10:45 AM	Lab 1: IASTM Strokes	1.0
10:45-12:15 PM	Lab 2: Thigh, Hip, and Low Back	1.5
<i>12:15-1:15 PM</i>	<i>Lunch</i>	<i>0.0</i>
1:15-2:45 PM	Lab 3: Shoulder, Neck, Elbow, and Forearm	1.5
2:45-3:30 PM	Lab 4: Knee & Treatment Over Incision or Laceration Scars	0.75
<i>3:30-3:45 PM</i>	<i>Break</i>	<i>0.0</i>

3:45-4:45 PM	Lab 5: Lower Leg, Ankle, and Foot	1.0
4:45-5:30 PM	Skills Integration, Discussion on Treatment Principles, Documentation, Q & A	0.75
		<b>Total = 8.0</b>
<i>Post-Course</i>		
45 Minutes	Exam – 45 Questions	<b>Total = 0.75</b>

### Course Schedule (Virtual)

Time	Description	Contact Hours
<i>Self-Paced, Pre-Course</i>		
60 Min, 5 Sec	Pre-Course Module 1 “IASTM Evidence-Based Update”	1.0
58 Min, 50 Sec	Pre-Course Module 2 “IASTM Instruments & Techniques”	1.0
30 Minutes	Pre-Course Quiz – 30 Questions	0.5
		<b>Total = 2.5</b>
<i>Live, Virtual</i>		
11:45-12:45 PM	Virtual Lecture – Review of Pre-Course	1.0
12:45-1:15 PM	Lab 1: IASTM Strokes	0.5
1:15-2 PM	Lab 2: Thigh, Hip, and Low Back	0.75
2-2:45 PM	Lab 3: Shoulder, Neck, Elbow, and Forearm	0.75
2:45-3:15 PM	Lab 4: Knee & Treatment Over Incision or Laceration Scars	0.5

3:15-3:45 PM	Lab 5: Lower Leg, Ankle, and Foot	0.5
3:45-4 PM	Skills Integration, Q & A	0.25
		<b>Total = 4.25</b>
<i>Post-Course</i>		
45 Minutes	Exam – 45 Questions	<b>Total = 0.75</b>

**XI. TOTAL Course Contact Hours Requested:**

**In-Person – 11 Contact Hours**

Pre-Course Modules – 2.0 Hours

Pre-Course Quiz – 0.5 Hours

Live Lecture/Lab – 8 Hours

Post-Course Test – 0.75 Hour

**Virtual – 7.5 Hours**

Pre-Course Modules – 2.0 Hours

Pre-Course Quiz – 0.5 Hours

Live Lecture/Lab – 4.25 Hours

Post-Course Test – 0.75 Hour

**XII. Materials/Resources:** Course Handbook provided to all participants. Physical copy for in-person and digital PDF copy for virtual.

**XIII. Course Objectives:**

**Pre-Course Module 1 Objectives:**

1. Understand the current science behind the myofascial system and myofascial dysfunction.
2. Recognize the history and science behind IASTM treatment.
3. Understand the science behind IASTM treatment and common IASTM treatment parameters.
4. Understand the current body of IASTM research evidence and suggestions for future research.

**Pre-Course Module 2 Objectives:**

1. Understand the IASTM instrument properties including treatment edges, types of bevels, and shapes.
2. Recognize different IASTM treatment considerations such as treatment variables, bevel edge position, treatment strategies, and instrument hygiene.

3. Understand potential precautions and contraindications for IASTM.
3. Recognize different IASTM treatment strokes and suggested treatment parameters for specific patients.

Live Course Objectives:

1. Review the current science behind the myofascial system and myofascial dysfunction.
2. Understand the anatomy of different IASTM instruments and IASTM treatment considerations.
3. Recognize common IASTM treatment variables and techniques.
4. Demonstrate preferred IASTM treatment strokes and the use of different instruments for specific body regions.

**XIV. Competency Demonstration:** At the conclusion of the pre-course & live course, students must demonstrate a minimum of 70-80% 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>Online, multiple choice and true/false pre-course quiz</i>	30 (must get at least 21 correct)
<i>Written Exam</i>	<i>Online, multiple choice and true/false post-course exam</i>	45 (must get at least 36 correct)

[Pre-Course Quiz with Answers](#)

[Post-Course Exam with Answers](#)

**XV. Course Evaluation**

[In-Person Course Evaluation](#)

[Virtual Course Evaluation](#)

**XVI. Complete Reference List:** [Linked Here](#)

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