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Health Education

HawkGrips

IASTM Integrative Treatment Strategies

Course Syllabus

I. Primary Instructor(s): Scott Cheatham, PT, Ph.D., DPT, ATC, CSCS

[CV Linked Here](#)

Bio: 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.

II. Financial Disclosures:

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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

IV. Statement of Non-Discrimination: This course is made available to all physical therapist and physical therapist assistant, occupational therapist and occupational therapist assistant, chiropractor, athletic trainer, and massage therapist 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 in order 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 intervention. This webinar will discuss the use of IASTM and other myofascial interventions as part of an overall treatment strategy. It will also discuss the research on the interchangeability of myofascial interventions.

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>	

IX. Course Description:

In clinical practice, IASTM is often part of an comprehensive treatment strategy that includes integrating different interventions. This presentation will discuss suggested IASTM integrative strategies for different types of patients. The current research on the interchangeability of IASTM with other myofascial interventions will be discussed along with suggested treatment parameters and best practices. This presentation is for the clinician who desires more information about integrating IASTM with other treatment strategies.

X. Course Outline (if online self-study)

Module #	Module Title/Description	Reading Time/ Video Run Time

1	Recording of live webinar	1 hour
2	Evaluation & Quiz	

Course Schedule (if LIVE)

7:30-8:20 PM – Lecture on IASTM Integrative Treatment Strategies

8:20-8:30 PM – Q&A

Evaluation & Quiz

XI. TOTAL Course Contact Hours Requested: 1 Hour

XII. Course Objectives:

1. Participants will be able to discuss 2 ways IASTM can be integrated into a multimodal treatment strategy
2. Participants will be able to detail suggested treatment parameters for different IASTM integrative treatment approaches.
3. Participants will be able to discuss the current evidence on IASTM combined with other treatment interventions and the interchangeability

XIII. Competency Demonstration: At the conclusion of the course, students must demonstrate a minimum of 100% 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 quiz (3 questions)</i>	100
Possible Points	-----	100

***Please include the quiz questions on the certificate link**

Quiz Questions:

1. Based upon the current research evidence, which two interventions may be interchangeable with IASTM for some treatments?

- a. ***Self-Myofascial Rolling and PNF stretching***
- b. Trigger Point injections and therapeutic ultrasound
- c. Dry needling and cupping
- d. Cold water immersion and sleep

2. What is the common integrated treatment strategy often taught in IASTM courses?

- a. ***Warmup, IASTM treatment, therapeutic interventions, and cool down***

- b. IASTM treatment, therapeutic modality, stretching, and cool down
- c. Warmup, therapeutic exercise, IASTM treatment, and cardio workout
- d. Therapeutic exercise, IASTM treatment, mindful meditation, warmup, cool down

3. What are the two current theories behind IASTM?

a. Mechanical and Neurophysiological

- b. Tissue Overload and Petechiae
- c. Tissue damage and Rhabdomyolysis
- d. Restore wellness and cure disease

XIV. Course Evaluation: [Linked](#)

XV. Complete Reference List:

1. Liu Y, Wu L. Effect of instrument-assisted soft tissue mobilization combined with blood flow restriction training on function, pain and strength of patients with patellofemoral joint pain. *BMC Musculoskelet Disord.* 2023;24(1):698. Published 2023 Aug 31. doi:10.1186/s12891-023-06701-6
2. Pisirici P, Cil ET, Coskunsu DK, Saylı U, Subasi F. Extracorporeal Shockwave Therapy Versus Graston Instrument-Assisted Soft-Tissue Mobilization in Chronic Plantar Heel Pain: A Randomized Controlled Trial. *J Am Podiatr Med Assoc.* 2022;112(6):21-036. doi:10.7547/21-036
3. Angelopoulos P, Mylonas K, Tsepis E, Billis E, Vaitsis N, Fousekis K. The Effects of Instrument-Assisted Soft Tissue Mobilization, Tissue Flossing, and Kinesiology Taping on Shoulder Functional Capacities in Amateur Athletes. *Journal of Sport Rehabilitation.* 2021;30(7):1028-1037. doi:10.1123/jsr.2020-0200
4. Cheatham SW, Baker R, Kreiswirth E. INSTRUMENT ASSISTED SOFT-TISSUE MOBILIZATION: A COMMENTARY ON CLINICAL PRACTICE GUIDELINES FOR REHABILITATION PROFESSIONALS. *Int J Sports Phys Ther.* 2019;14(4):670-682.
5. Nazari G, Bobos P, Lu SZ, et al. Effectiveness of instrument-assisted soft tissue mobilization for the management of upper body, lower body, and spinal conditions. An updated systematic review with meta-analyses. *Disabil Rehabil.* 2023;45(10):1608-1618. doi:10.1080/09638288.2022.2070288
6. Anjum N, Sheikh RK, Omer A, et al. Comparison of instrument-assisted soft tissue mobilization and proprioceptive neuromuscular stretching on hamstring flexibility in patients with knee osteoarthritis. *PeerJ.* 2023;11:e16506. Published 2023 Dec 1. doi:10.7717/peerj.16506
7. Gunn LJ, Stewart JC, Morgan B, et al. Instrument-assisted soft tissue mobilization and proprioceptive neuromuscular facilitation techniques improve hamstring flexibility better than static stretching alone: a randomized clinical trial. *J Man Manip Ther.* 2019;27(1):15-23. doi:10.1080/10669817.2018.1475693