

Services

ASTYM

What is the ASTYM™ System?

The ASTYM System is an advanced form of soft tissue mobilization which enables clinicians to effectively improve the status and function of soft tissue (muscles, tendons, ligaments, and fascia).



Treatments are performed with ergonomically designed instruments, which help to identify adhesions and other restrictions in dysfunctional tissue, and then break down this tissue to allow for functional restoration to occur. ASTYM is proven to be a highly effective approach for chronic tendonitis and tendonosis (disorders of tendons not necessarily involving inflammation), as well as Carpal Tunnel Syndrome, Plantar Fasciitis, Shin Splints, SI and Low Back Pain, Post Operative Scar Tissue, and more.

Therapists use ASTYM as appropriate and in conjunction with exercise education, manual therapy, and other approaches. ASTYM is supported by scientific research and outcomes and exhibits excellent patient results. It often decreases the need for surgical intervention and can provide significant results in several visits, meaning less out-of-pocket expense and a quicker return to your maximum function.

Who can practice the ASTYM



System?

ASTYM can only be performed by licensed therapists who go through specific classroom and hands-on training to achieve certification. ProActive Physical Therapy Centers is a member of the Performance Dynamics Network, a nationwide association of respected rehabilitation providers with clinicians certified in the ASTYM system. All ProActive clinics offer ASTYM services. Please visit our [Contact us](#) page to search for a clinic near you.

“The ASTYM System has allowed us to treat soft tissue dysfunction more effectively and progress our patients faster. The results we are seeing are amazing.”

-Sam Williams, PT, Director of Pasadena clinic