



**Astym® Therapy Three Day Certification Course  
Course Schedule**

**Friday**

<b>TIME</b>	<b>TOPIC</b>
8:00-8:35	Introduction
8:40- 9:00	Demo of the Astym Treatment
9:00-9:10	Break
9:10-9:25	Astym Treatment Review
9:25-10:45	Application of the Astym Treatment
10:45-10:55	Break
10:55-11:30	Indications, Precautions, and Contraindications
11:30-12:15	Lunch
12:15-12:45	Clinical Application: Elbow, Wrist, and Hand
12:45-2:50	Elbow, Wrist and Hand Lab
2:50-3:00	Break
3:00-3:30	Astym Therapy: Therapeutic Loading
3:30-3:50	Putting It All Together
3:55-4:45	Timed Application for Elbow, Wrist and Hand
4:45-5:00	Q&A's and Saturday Testing Instructions

**Saturday**

<b>TIME</b>	<b>TOPIC</b>
8:00-10:30	Practical Exam and Written Exam
10:30-10:45	Questions and Answers
10:45-11:10	Hand and Incision Treatment
11:10-11:45	Clinical Application: Shoulder and Shoulder Girdle
11:45-12:15	Shoulder Demo
12:15-1:00	Lunch
1:00-2:35	Shoulder and Shoulder Girdle and Lab
2:35-2:50	Break
2:50-4:05	Timed Application Shoulder and Shoulder Girdle Lab
4:05-4:20	Written Exam Part 2
4:20-4:50	Exercise Lab for the Upper Kinetic Chain
4:50-5:00	Q&A's Course Evaluation

## Sunday

<b>TIME</b>	<b>TOPIC</b>
7:00-7:10	Q&A's on Astym Therapy and Upper Extremity
7:10-7:55	Clinical Application: Foot, Ankle, and Knee
7:55-8:00	Break
8:00-10:30	Clinical Application: Foot, Ankle, and Knee Lab
10:30-10:35	Break
10:35-11:00	Clinical Application: Hip, Pelvis and Back
11:00-11:30	Lunch
11:30-12:50	Clinical Application: Hip, Pelvis and Back Lab
12:50-1:00	Break
1:00-1:30	Exercise Lab for the Lower Kinetic Chain
1:30-1:35	Break
1:35-2:00	Foot, Ankle, Knee Review
2:00-4:00	Q&A's/ Practical and Written Exam



## Astym® Therapy Three Day Certification Course Course Syllabus

### Online Portion

#### **Astym Therapy Course Introduction (0.50 hr):**

- Presentation providing a general overview of Astym Therapy
- Presentation discussing what to expect with the online learning and onsite course.
- The background of Astym therapy is given
- Why it was developed and the research behind the program.

#### **Astym Therapy Physiology (1.25 hr):**

- Review of the pathophysiology of many musculoskeletal disorders
- Why tendinopathy does not respond to conventional treatments
- Research and development behind Astym therapy
- Presentation of the physiologic processes initiated by application of Astym therapy
- Comparison of Astym therapy to other treatment techniques
- Benefits, general indications and application, as well as the philosophy of Astym therapy

#### **Astym Therapy Research (1.0 hr):**

- Presentation on the body of the peer reviewed published evidence supporting Astym therapy
- Review and discussion on treatment theories, basic science/lab research, research progression to the clinical level
- How the published evidence base differentiates Astym therapy from IASTM
- Presentation of the Research Overview and key findings of published clinical studies

#### **Astym Therapy Upper Extremity Anatomy (1.50 hr):**

- Complete set of Upper Extremity Anatomy review tutorials. Successfully performing Astym treatment requires a good knowledge of anatomy and function of the areas being treated. This anatomical knowledge is important because to

be the most effective, the strokes made with the Astym instruments need to be made in proper alignment with the muscles, tendons, and ligaments in each area. The more specific you are to the anatomy, the more successful your Astym treatment will be.

### **Astym Website Presentation (0.50 hr):**

- Presentation and overview of the website to educate Astym certified clinicians of the support resources available for them. Ongoing clinical support with advanced educational opportunities, professionally designed marketing resources and the Astym therapy outcome system.
- How clinicians become a provider of choice with Astym therapy, and understanding support team at Performance Dynamics for additional assistance.

### **Astym Therapy Lower Extremity Anatomy (1.50 hr):**

- Complete set of Lower Extremity Anatomy review tutorials. Successfully performing Astym treatment requires a good knowledge of anatomy and function of the areas being treated. This anatomical knowledge is important because to be the most effective, the strokes made with the Astym instruments need to be made in proper alignment with the muscles, tendons, and ligaments in each area. The more specific you are to the anatomy, the more successful your Astym treatment will be.

### **Lower Kinetic Chain Biomechanics Related to Astym Therapy (1.0 hr):**

- Review of normal gait mechanics, description of abnormal patterns and the resultant effect on soft tissue and bones
- Normative data on ROM and biomechanical factors is presented
- Discussion on various precipitating and perpetuating factors that can lead to degeneration of tissue
- Presentation on the role of Astym therapy in these cases

## Friday

### **8:00-8:35: Course Introduction - Lecture and Interactive Discussion (0.5 hr)**

- Presentation of teaching philosophy, course objectives, over-view of course activities
- Introduction of Participants and Instructors: To establish knowledge base and experience of the Instructor staff and to determine level of experience and/or clinical specialization of the participants
- Review of issued paperwork: description of lecture and various lab guides, as well as associated clinical materials
- Review of resources available on the Astym website
- Review of key principles regarding the physiologic response to Astym treatment and how this translates to the clinical setting

### **8:35 – 9:00: Demo of the Astym Treatment - Lecture and Demonstration (0.5 hr)**

- Presentation of theoretic patient example
- Live demonstration of full Astym treatment and patient-friendly verbal explanation of treatment process and goals

### **9:00 – 9:10: Break**

### **9:10 – 9:25: Astym Treatment Review – Lecture (0.25 hr)**

- How does the physiologic response to Astym Treatment translate to clinical care?
- Presentation of: Physiologic indications and cellular response, dosing of treatments and clinical benefits of utilizing Astym therapy

### **9:25 – 9:55: Application of the Astym Treatment – Lecture and Demo (0.50 hr.)**

- Presentation of the technical and mechanical aspects of the treatment, including: Appropriate patient and clinician positioning, pros and cons of various emollients, description of the instruments and their specific purpose(s), progression of the various Instruments, technical vocabulary of stroke patterns and types, concept of Treatment Edge, Treatment Angle, Speed, Pressure, and Tissue Tension, recommendations regarding scope of areas treated, the frequency and duration of each session.
- Presentation of additional key points for success with Astym therapy
- Live demonstration of: hygienic application and use of emollient, patient positioning, and specific stroke patterns

### **9:55 –10:50: Application of the Astym Treatment – Lab (1.0 hr.)**

- Guided instruction for each type of Astym therapy basic stroke pattern
- Participants perform and experience all basic stroke patterns.
- Focused feedback from Instructors regarding: instrument hand holds, pressure, speed and angle of strokes
- Participants perform basic stroke patterns individually on an Instructor, with 1:1 corrective feedback given

### **10:50 – 10:55: Break**

### **10:55 – 11:30: Indications, Precautions and Contraindications – Lecture (0.5 hr)**

- Presentation of absolute contraindications to Astym treatment
- Detailed discussion of Precautions to Astym treatment: situations that might require medical clearance or adjustments in the plan of care. These include: co-morbidities, post-operative status, unusual physical responses, and effects of pharmaceuticals.
- Further extensive information on the many conditions where Astym treatment is utilized in the clinical setting

### **11:30 – 12:15: Lunch**

### **12:15 – 12:45: Clinical Application: Elbow Wrist and Hand – Lecture and Demonstration (0.5 hr)**

- Detailed presentation of the relevant upper extremity anatomy, distal to the Deltoid muscle, through and including the hand
- Presentation of the anatomy as it relates to specific conditions appropriate for Astym therapy
- Clinical tests to be performed in conjunction with Astym therapy
- Presentation of individual Astym therapy strokes superimposed on anatomical drawings
- Classic pattern of dysfunction seen in various upper extremity diagnoses
- Live demonstration of the Astym therapy - *Elbow, Wrist and Hand Sequence*, with an emphasis on: Patient positioning, instrument hand holds, speed and angle of strokes, anatomic specificity, problem solving strategies, time management

### **12:45 – 2:50: Elbow, Wrist and Hand- Lab (2.0 hr)**

- Guided instruction for treatment of each section and each region of the *Elbow, Wrist and Hand Sequence*
- Participants pair up then perform and experience treatment according to the *Elbow, Wrist and Hand Sequence*
- Focused feedback from instructors regarding: patient positioning, instrument hand holds, speed and angle of strokes, treatment pressure, anatomic specificity, problem solving strategies, and time management

### **2:50 – 3:00: Break**

### **3:00 – 3:30: Astym Therapy: Therapeutic Loading – Lecture (0.5 hr)**

- Presentation of how and why load of the tissue is so critical to recovery
- Additional information on: different types of tissue load, how exercises are chosen, and prescription of corrective exercise, as it relates specifically to Astym therapy
- Discussion regarding the goals of tissue loading, loading variables and how Astym therapy clients will respond differently to progressive loading
- Presentation of two case studies and discussion on individualized exercise prescription

### **3:30 – 3:50: Putting It All Together – Lecture (0.25 hr)**

- Presentation on how to incorporate Astym treatment in the clinical setting
- Key methods for the evaluation process, baseline testing, patient education, exercise prescription, home instructions, and documentation requirements, specific for Astym treatment
- Presentation of case study, with examples given for subsequent visits, progression of care, treatment expectations, problem solving and conclusion of care

### **3:50 – 4:45: Timed Application Lab for Elbow, Wrist and Hand (1.0 hr)**

- Course participants perform and experience treatment of the *Elbow, Wrist and Hand Sequence*, without segmented breaks
- Expected time goals are given
- Instructors provide feedback regarding: patient positioning, instrument hand holds, speed and angle of strokes, treatment pressure, anatomic specificity, problem solving strategies, and time management

**4:45 – 5:00: Q & A's, Saturday Testing Instructions (0.25 hr)**

- Interactive question and answer session
- Instructions given on the procedure for Saturday morning written and practical testing



## Saturday

### **8:00 – 9:00: Written Exam (1.0 hr.)**

- Practical exam runs concurrently with participants taking the written exam (Lecture and Lab Material from Day One).

### **9:00 – 10:00: Elbow, Wrist and Hand Practical Exam (1.0 hr.)**

- Each participant performs the full *Elbow, Wrist and Hand Sequence* on one Instructor for corrective feedback regarding protocol progression, application, speed and pressure, sequence, proper handholds and timing. This activity includes a graded practical exam.

### **10:00 – 10:30: Break**

### **10:30 – 10:45: Questions and Answers: Interactive Discussion (0.25 hr.)**

- Consists of prepared clinical questions, related to Astym therapy, addressed to the participants

### **10:45 – 11:00: Hand and Incision Treatment: Lecture (0.25 hr.)**

- Lecture subject: clinical tips for a variety of diagnoses, specific to the hand and wrist
- Presentation of individual Astym therapy protocols for treatment of DeQuervain's Tenosynovitis and Trigger Finger
- Video presentation of Astym therapy techniques for the treatment of surgical scars

### **11:00 – 11:15: Hand and Incision Treatment: Lab (0.25 hr.)**

- Guided practice of described hand techniques and incision work

**11:15 – 1:00: Clinical Application: Shoulder and Shoulder Girdle – Lecture (1.75 hr.)**

- Detailed presentation of the relevant anatomy of the shoulder, shoulder girdle, cervical and thoracic spine, and intercostal regions
- Presentation of the anatomy as it relates to specific conditions appropriate for Astym therapy
- Clinical tests to be performed in conjunction with Astym therapy
- Presentation of individual Astym therapy strokes superimposed on anatomical drawings
- Classic pattern of dysfunction seen in various upper quadrant diagnoses

**1:00 – 1:45: Lunch**

**1:45 – 3:15: Shoulder and Shoulder Girdle Lab and Timed Application (1.50 hr.)**

- Guided instruction for treatment of each section and each region of the *Shoulder and Shoulder Girdle Sequence*
- Participants perform and experience treatment according to the *Shoulder and Shoulder Girdle Sequence*
- Focused feedback from instructors regarding: patient positioning, instrument hand holds, speed and angle of strokes, treatment pressure, anatomic specificity, problem solving strategies, and time management
- Course participants perform and experience treatment of the *Shoulder and Shoulder Girdle Sequence*, without segmented breaks
- Expected time goals are given

**3:15 – 3:25: Break**

**3:25 – 3:40: Written Exam - Part 2 (0.25 hr.)**

- Written exam on Lab and Lecture materials from Day Two

**3:40 – 3:50: Break**

**3:50 – 4:20: Therapeutic Loading Lab for the Upper Kinetic Chain (0.50 hr.)**

- Presentation and active participation in various loading exercises and strategies appropriate for upper quadrant Astym therapy patients

**4:20 – 5:00: Q & A's, Course and Self Evaluation (0.75 hr.)**

- Interactive question and answer session
- Participants fill out course evaluations for Day One and Day Two

## Sunday

### **7:00 – 7:10: Q & A's on Astym Therapy and Application (0.25 hr)**

- Interactive question and answer session

### **7:10 – 7:55: Clinical Application: Foot, Ankle and Knee: Lecture and Demonstration (0.75 hr)**

- Detailed presentation of the relevant lower extremity anatomy, distal to the hip joint, and through and including the foot
- Presentation of the anatomy as it relates to specific conditions appropriate for Astym therapy
- Clinical tests to be performed in conjunction with Astym therapy
- Presentation of individual Astym therapy strokes superimposed on anatomical drawings and the review of classic patterns of dysfunction seen in various lower extremity diagnoses

### **7:55 – 8:00: Break**

### **8:00 – 10:30: Clinical Application: Foot, Ankle and Knee – Interactive Lab (2.5 hr)**

- Lab and interactive instruction on Astym therapy – *Foot, Ankle and Knee Sequence*, with an emphasis on: Patient positioning, instrument hand holds, speed and angle of strokes, anatomic specificity, problem solving strategies, time management
- Guided instruction for treatment of each section and each region of the *Foot, Ankle and Knee Sequence*
- Participants perform and experience treatment according to the *Foot, Ankle and Knee Sequence*
- Focused feedback from instructors regarding: patient positioning, instrument hand holds, speed and angle of strokes, treatment pressure, anatomic specificity, problem solving strategies, and time management

### **10:30 – 10:35: Break**

### **10:35 – 11:45: Practical Exam: Foot, Ankle, and Knee (1.25 hr)**

- Interactive practical lab with feedback and correction of stroke patterns and sequences

- Each participant performs the full *Foot, Ankle, and Knee Sequence* on a second participant, for corrective feedback regarding protocol progression, application, speed and pressure, sequence, proper handholds and timing. This activity includes a graded practical exam.

### **11:45 – 11:50: Break**

### **11:50 – 12:15: Clinical Application: Hip, Pelvis and Back – Lecture (0.5 hr)**

- Detailed presentation of the relevant anatomy of the lateral leg, hip girdle muscles, superficial abdominal muscles, intercostals, groin, lumbar and sacral regions
- Presentation of the anatomy as it relates to specific conditions appropriate for Astym therapy
- Clinical tests to be performed in conjunction with Astym therapy
- Presentation of individual Astym therapy strokes superimposed on anatomical drawings
- Classic pattern of dysfunction seen in hip diagnoses

### **12:15 – 12:45: Lunch**

### **12:45 – 2:15: Clinical Application: Hip, Pelvis and Back Lab: Interactive Lab (1.5 hr)**

- Lab and interactive instruction on Astym therapy – *Hip, Pelvis and Back Sequence*, with an emphasis on: Patient positioning, instrument hand holds, speed and angle of strokes, anatomic specificity, problem solving strategies, time management
- Guided instruction for treatment of each section and each region of the *Hip, Pelvis and Back Sequence*
- Participants perform and experience treatment according to the *Hip, Pelvis and Back Sequence*
- Focused feedback from instructors regarding: patient positioning, instrument hand holds, speed and angle of strokes, treatment pressure, anatomic specificity, problem solving strategies, and time management

### **2:15 – 2:25: Break**

**2:25 – 2:55: Exercise Lab for Lower Kinetic Chain (0.5 hr)**

- Presentations of and active participation in various loading exercises appropriate for lower quadrant Astym therapy patients

**2:55 – 3:00: Break**

**3:00 – 3:15: Combining Foot, Ankle, Knee with Hip, Pelvis, Back – Demo (0.25 hr)**

- Guided demonstration combining *Foot, Ankle and Knee Sequence* with the *Hip, Pelvis, and Back* in preparation for Practical Exam

**3:15 – 3:30: Questions, Answers and Written Exam (0.25 hr)**

- Written exam on Lab and Lecture materials from Sunday

**3:30 – 4:00: Lower Extremity Protocols-Interactive Practical Exam (0.50 hr)**

- For the interactive practical exam, each participant performs the full *Foot, Ankle and Knee Sequence* on a second participant, for corrective feedback and grading purposes