

# What is S.A.S.T.M.?

S.A.S.T.M. is the abbreviation for:  
**Sound Assisted Soft Tissue Massage**

Repetitive motion produces an inflammation process, which over time results in chronic pain. This inflammation process over time will produce scar tissue, which creates muscular imbalances resulting in decreased performance.

## **S.A.S.T.M. provides the following benefits:**

- restores function and reduces pain where other treatments have failed
- reduces the need for surgical intervention
- contributes to the overall health of the tissues

S.A.S.T.M. is commonly used to treat Tennis Elbow, Golfer's Elbow, Knee Pain, Neck Pain, Shoulder Pain, Hip Pain, Back Pain, Shin Splints, Ankle Sprains, Plantar Fasciitis, Carpal Tunnel, and Hamstring Injuries.



## **How does S.A.S.T.M. work?**

It is theorized that S.A.S.T.M. is effective because of the following:

Instruments effectively break down fascial restrictions and scar tissue. The ergonomic design of these instruments provides the clinician with the ability to locate restrictions through sound waves. This allows the clinician to treat the affected area with the appropriate amount of pressure, due to square surface concept.

The introduction of controlled microtrauma to affected soft tissue structure causes the stimulation of a local inflammatory response. Microtrauma initiates reabsorption of inappropriate fibrosis or excessive scar tissue and facilitates a cascade of healing activities resulting in remodeling of affected soft tissue structures. Adhesions within the soft tissue, which may have developed as a result of surgery, immobilization, repeated strain or other mechanisms, are broken down allowing full functional restoration to occur.

For more information see: <http://www.sastm.com/>