

# SASTM Method

## Common Treatable Diagnoses include:

# Benefits

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

**We use instruments designed to detect and treat scar tissue. This treatment is called SASTM or Sound Assisted Soft Tissue Mobilization.**



'micro-trauma initiates healing'



Tennis Elbow  
Golfer's Elbow  
Knee Pain  
Neck Pain  
Shoulder Pain  
Hip Pain  
IT Band

Back Pain  
Shin Splints  
Ankle Sprains  
Plantar Fasciitis  
Carpal Tunnel  
Hamstring Injury  
Trigger Finger



The SASTM Program incorporates biomechanic testing, flexibility/strength training & SASTM treatments along with education to enhance and improve your biomechanics in order to sustain life long fitness results.



### **SASTM provides the following benefits:**

- Restores function and reduces pain where other treatments have failed.
- Reduces the need for surgical intervention.
- Contributes to the overall reduction of health related costs.
- Allows individuals to stay on the job, and keeps athletes in action.
- Provides physicians with an alternative to offer their patients.
- Provides a marketing tool for providers and payers to increase referrals to a facility.