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Does Instrument Assisted Soft-Tissue Mobilization (IASTM) Benefit Adults with Physical Dysfunction?

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DOES INSTRUMENT ASSISTED SOFT-TISSUE MOBILIZATION (IASTM) BENEFIT ADULTS WITH PHYSICAL DYSFUNCTION?

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LEVELS OF EVIDENCE

11 articles with levels I, II, and III



SIGNIFICANCE

Musculoskeletal impairments can interfere with many daily occupations. Therapeutic intervention which improves physical function and reduces pain can increase a person's ability to participate in their daily activities and improve quality of life.

THEMES & FINDINGS

Increased Range
of Motion

Pain Reduction

Carpal Tunnel
Relief

RECOMMENDATIONS

Due to lack of research conducted within the occupational therapy field, practitioners need to conduct OT-specific research which looks into the effectiveness of IASTM for adults with physical dysfunction.



CLINICAL BOTTOM LINE

Evidence demonstrates that IASTM can relieve signs and symptoms of carpal tunnel syndrome as well as low back pain in the long-term. Other studies found that IASTM can also increase range of motion in the shoulder, hip, and knee joints.

Contact/references

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