

## **Astym Therapy**

### **Perry offers a new option for soft tissue and tendon pain**

Until now, the options for treating tendon pain and soft tissue problems were limited and not very effective. Often, people suffered for long periods with pain and movement restrictions due to soft tissue dysfunction. Finally, an effective and clinically proven solution is available.

### **What is Astym therapy?**

Perry Memorial Hospital Medical Rehabilitation Service therapists Jim Scarpaci, Courtney Engle and Jennifer Heckroth are certified in Astym\* treatment, a new therapy developed to target the actual cause of the pain rather than just the symptoms.

### **What problems can Astym treat?**

Astym treatment is designed to resolve tendinopathies, plantar fasciitis, tennis elbow, Achilles and patellar tendonitis, scar tissue problems and other soft tissue dysfunctions.

### **How does Astym therapy work?**

Astym treatment is designed to restore soft tissues at a cellular level. It rebuilds and heals the soft tissues of the body through regeneration of healthy soft tissues (muscle tendons, etc.) and removal of unwanted scar tissue which may be causing pain or movement restrictions. Best of all, Astym therapy does not involve injections or surgery.

### **What conditions does Astym help treat?**

- Heel pain
- Ankle sprain and ankle tendinitis
- Shin splints
- Knee and hip pain
- Hamstring strain
- Groin strain
- Frozen shoulder and rotator cuff tendinitis
- Tennis and golfer's elbow
- Carpal tunnel, trigger finger and wrist sprain

### **Are there any activity restrictions during treatment?**

The Astym process stimulates the body to regenerate and remodel tissues, so there are usually no restrictions on your activity while receiving Astym treatments. Many of our patients receiving Astym therapy attend fewer therapy sessions compared to patients who do not receive Astym treatment.

**How do I know if Astym treatment is right for me?**

To find out if Astym treatment is right for you, ask your physician for a referral and call 815-876-4494 to schedule an appointment with an Astym-certified therapist.