



More Than Just a Technique

HawkGrips is a wellness-centric organization that consciously supplies clinicians with the highest quality handcrafted instrument sets, creams, emollients, and curated educational courses to improve their patient's quality of life.

What is IASTM & How Does it Work:

Instrument Assisted Soft Tissue Mobilization is a skilled intervention that includes the use of specialized tools to manipulate the skin, fascia, muscles, and tendons by various compressive stroke techniques.

The introduction of controlled microtrauma to affected soft tissue structures 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.

Clinician Benefits:

IASTM provides clinicians with an ergonomic and mechanical advantage, thus preventing overuse to the hands. Use of IASTM tools allows deeper tissue penetration with less effort required by the clinician, and increases the vibratory perception of the clinician's hand, allowing them to more easily detect altered soft tissue properties.

What Makes HawkGrips IASTM Different?

- Patented Cross-Hatch for Improved Grip
- Surgical Grade Stainless Steel
- No Licensing Fees or Contracts
- Lifetime Warranty

HawkGrip Tools



HG1 HawkGrips® Small Handlebar is best for treating large muscle groups on a petite patient. Perfect for shoulders/scapulas, back, neck, side abdominals, quadriceps and hamstrings.

Treatment Edges:
Single Bevel,
Concave, Convex

Instrument Measurements:
16" x 1" x 1"



HG2 HawkGrips® Medium Handlebar is best for treating large muscle groups on an average sized patient. Perfect for quadriceps, shoulders/scapulas, back, side abdominals and hamstrings

Treatment Edges:
Single Bevel,
Concave, Convex

Instrument Measurements:
17" x 1" x 1"



HG3 HawkGrips® Large Handlebar is treating large muscle groups on a larger patient. Perfect for quadriceps, shoulders/scapulas, back, side abdominals and hamstrings.

Treatment Edges:
Single Bevel,
Concave, Convex

Instrument Measurements:
19" x 1" x 1"



HG4 HawkGrips® Small Multi-Curve is best for treating small muscle groups and joints. Designed to treat fingers, hands, toes and feet.

Treatment Edges:
Single Bevel, Double Bevel, Concave, Convex

Instrument Measurements:
6" x 0.5" x 5"



HG5 HawkGrips® Medium Multi-Curve is a versatile tool for treatment of a wide variety of muscle groups and joints including wrist, elbows, knees and calves.

Treatment Edges:
Single Bevel, Double Bevel, Concave, Convex

Instrument Measurements:
7.5" x 1" x 0.25"



HG6 HawkGrips® Large Multi-Curve is best for treatment of a wide variety of muscle groups. Great for elbows, wrists, knees, ankles, and feet.

Treatment Edges:
Single Bevel, Double Bevel, Concave, Convex

Instrument Measurements:
9.5" x 1.25" x 0.25"



HG7 HawkGrips® Boomerang can be used for both assessment and treatment. The treatment edges allow for slightly deeper or more "aggressive" strokes. It can be used for a variety of muscles and joints - great for suboccipitals.

Treatment Edges:
Single Bevel, Concave

Instrument Measurements:
8" x 0.5" x 0.5"



HG8 HawkGrips® Scanner is a versatile tool that can be used for assessment ("scanning") and treatment. Designed to address broader treatment areas.

Treatment Edges:
Single Bevel, Convex

Instrument Measurements:
9" x 1.25" x 0.25"



HG9 HawkGrips® Tongue Depressor is ideal for precise, efficient treatment in small, specific muscle groups and joint areas.

Treatment Edges:
Single Bevel, Convex

Instrument Measurements:
6" x 1" x 0.25"



HawkGrips® HGPro Multi Tool combines our four most popular tools (HG4, 7, 8, and 9) and features seven different treatment edges. Extremely versatile and perfect for travel. Purchase of the HGPro includes a drawstring pouch and a jar of regular emollient.

Treatment Edges:
Single Bevel, Double Bevel, Concave, Convex

Instrument Measurements:
8" x 2" x 0.5"

Recommended for use with HawkGrips Emollient, HawkGrips Single Use Emollient, and HawkGrips Hydro

Using IASTM

Common Conditions Treated with IASTM

- Epicondylitis
- Carpal Tunnel Syndrome
- Plantar Fasciitis
- Rotator Cuff Tendonitis
- Patellar Tendonitis
- Achilles Tendonitis
- DeQuervian's Syndrome
- Muscles Strains
- Neck/Back Pain
- Trigger Finger
- Shin Splints
- Post-Surgical and Traumatic Scars

Contraindications to IASTM

- Open Wounds
- Unhealed Fracture Site
- Thrombophlebitis
- Patient Refusal
- Hematoma (directly over site)
- Osteomyelitis
- Myositis Ossificans
- Burn scars
- Inflammatory Skin Conditions
- Localized Infection

Precautions to IASTM

- Increased Symptoms
- Anticoagulant Medications
- Cancer
- Varicose Veins
- Rheumatoid Arthritis
- Pregnancy
- Auto-Immune Disorders
- Chronic Regional Pain Syndrome
- Post-Operative (over surgical repairs)

IASTM Physiology & Benefits

Physiological Mechanisms

- Cellular/Mechanotransduction
- Neurophysiological
- Fluid Dynamics/Fluid Circulation
- Breaking of Cross Links

Benefits of IASTM

- Collagen "reorganization"
- Decreased pain
- Assist in restoring proper function
- Improved recovery time
- Reduced inflammation
- Improved mobility
- Little to no recovery time



Common Instrument Vocabulary

Convexity

- *Convex*: More focused treatment area
- *Concave*: Broader treatment area

Bevel = Treatment Edge

- *Single Bevel* tools have a treatment edge that can be used facing downward (more common, less aggressive) or upward (less common, deeper/more aggressive). Designed to provide treatment in one direction, with the instrument commonly held between 30-60 degrees to treatment surface
- *Double Bevel* tools have an edge that can be used in both directions



IASTM Strokes

The ergonomically advanced instruments feature single bevel, double bevel, concave and convex treatment edges, which allows clinicians to address a variety of treatment areas with a variety of treatment strokes.



Scan here to learn more about our treatment strokes.