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## 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 Instrument Sets



**HawkGrips® Platinum Set** includes nine instruments, providing clinicians with the most options. Includes Small, Medium, and Large Handlebar instruments (HG1-HG3), all six small instruments (HG4-HG9), roll-up carrying case, shoulder bag, one jar of regular emollient, and a user manual.



**HawkGrips® Gold Set** includes seven instruments, providing clinicians with everything they need to treat a diverse patient population. Includes the Medium Handlebar (HG2), all six small instruments (HG4-HG9), roll-up carrying case, one jar of regular emollient, and a digital user manual.



**HawkGrips® Silver Set** includes six instruments, great for assisting clinicians in assessing and treating their patients. Includes all six small instruments (HG4-HG9), one jar regular emollient and digital user manual.



**HawkGrips® Introductory Set** includes three instruments, and is the perfect set for a clinician to get started with utilizing IASTM in the clinic. Includes a roll-up carrying case with a Medium Multi-Curve tool (HG5), a dual-edge tongue depressor tool (HG9), and a scanner tool (HG8), as well as a jar of emollient, and a digital user manual.

## 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.