



When your doctor recommends physical therapy – Choose *Sports Therapy, Inc.*

**Local.** We are a family owned practice serving Cincinnati since 1988.

**Convenient!** Initial evaluations can be scheduled within 48 hours.

**We accept most types of insurance** and verify your insurance so we can let you know exactly what PT benefits you have.

## Sports Therapy Inc.

Sports Therapy, Inc. has been offering IASTM for 11 years. Each location has clinical staff trained in the utilization of IASTM.

### **SPORTS THERAPY INC.®**



#### **MASON**

7450 Mason Montgomery Road  
Mason Health Park, Suite 105  
Mason, Ohio 45040  
**(513) 336-0540**

#### **ANDERSON/BEECHMONT**

7910 Beechmont Avenue  
Cincinnati, Ohio 45255  
**(513) 474-8600**

#### **WEST CHESTER**

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Norwood, Ohio 45212  
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#### **FOREST PARK/FAIRFIELD**

1194 West Kemper Road  
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**(513) 851-5780**

# Treatment for Plantar Fasciitis Utilizing LASTM

**(Instrument Assisted  
Soft Tissue Mobilization)**

### **SPORTS THERAPY INC.®**



*Jason Privett*  
MPT, ATC, C. Ped

## Instrument Assisted Soft Tissue Mobilization (IASTM)

IASTM incorporates the use of specially designed instruments that enable the clinician to induce controlled amounts of microtrauma to the area of injury to stimulate the body's own capacity to heal soft tissue injury.



## Common Diagnoses Treated by IASTM

- Achilles Tendonitis
- Lateral Epicondylitis (Tennis Elbow)
- Medial Epicondylitis (Golfer's Elbow)
- Rotator Cuff Tendonitis
- Patellar Tendonitis
- IT-Band Syndrome

## Plantar Fasciitis

Often characterized by inflammation or degeneration of the connective tissue on the bottom of your foot, Plantar Fasciitis can result in microtears that are aggravated especially in the morning, when taking your first few steps. The area tries to heal, but continues to get irritated forming scar tissue, which can develop into fibrosis.



## What Can Patient Expect

Treatment is approximately 10-15 minutes per affected area, twice a week with visits two days apart for 3-6 weeks (in the majority of cases).

IASTM is generally performed in conjunction with a stretching and strengthening program to optimize healing and provide the best opportunity to return to sport or previous level of activity.

