

ASTYM® Restore. Revitalize. Recover.

**You've gotten them through the worst part…
now you can offer them the quality of life they deserve!**

My surgeon saved my life, and now Astym treatment has given me my normal, pre-cancer life back!

— Andrea Gladden, breast cancer survivor
Winchester, Virginia

ASTYM® Restore. Revitalize. Recover.

Aftercare for Breast Cancer Survivors…
Astym® Treatment is the Answer!

Our highly trained, certified clinicians can help your patients get back on the right path and restore their quality of life!



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Astym® therapy routinely resolves impairments and restores quality of life to breast cancer survivors.

Referring your post-treatment patients to an Astym-certified physical or occupational therapist can be your answer for complete musculoskeletal aftercare, and may reduce your patients' risk for lymphedema.

Astym treatment addresses and resolves these conditions:

- Scar tissue/fibrosis around the incision site and radiated tissues
- Restricted movement and pain resulting from surgery and radiation
- Tightness of the chest wall, shoulder, neck and axilla
- Hypersensitivity
- Muscle imbalances and general deconditioning
- Cording or Axillary Web Syndrome



I have seen excellent results from Astym treatment for my patients with shoulder range of motion issues, pain, sensitivity or fibrosis after radiotherapy.

— Alan Beckman, MD
Lexington, Kentucky

What is Astym® Treatment?

Astym treatment is regenerative soft tissue therapy performed by physical and occupational therapists.

- It is **non-invasive,** has a **short treatment course**, and is **reliable and safe.**
- Astym treatment was scientifically developed to target the true underlying cause of many soft tissue problems: degeneration and inappropriate scarring/fibrosis that interferes with movement and causes pain.

Astym treatment safely, effectively and efficiently stimulates scar tissue to be resorbed by the body and regenerates damaged soft tissues.

- ***How is Astym therapy used with breast cancer patients?***
  An Astym-certified clinician stimulates scar tissue resorption and remodeling of dysfunctional tissue in and around the surgical and radiation sites and throughout the pectoral and scapular areas. The Astym process includes stretching and strengthening specifically designed to encourage optimal healing. Adjunct treatments can include postural exercises and manual lymph drainage (MLD). The combination of MLD and Astym treatment can result in enhanced lymph flow and the elimination of barriers.
- ***When should I prescribe Astym therapy?***
  Astym therapy is most often initiated once a patient has completed treatment, (surgery, radiation, chemotherapy). However, some radiation oncologists are also using it prior to radiation to enable better positioning for the radiation treatment, and some patients receive Astym therapy during their chemotherapy.

Astym therapy routinely demonstrates success even after other treatment modalities have failed.

Why Astym® Treatment?

Astym treatment is one of the most researched and effective therapy interventions available, and is **unmatched in its ability to resolve the musculoskeletal impairments** following breast cancer treatment.

To read more about the scientific and clinical research on Astym treatment, or to view a video of the treatment, **please visit www.astym.com.**

Clinicians certified in Astym treatment have undergone intensive training and testing.

A full listing of Astym-certified clinicians is available at www.astym.com, or call 800.333.0244 if you need further assistance in finding an Astym provider in your area.

Astym treatment has been an important part of the rehabilitation process to help restore flexibility in the post-mastectomy scar leading to improved functional gains.

— Claire Davies, PT, PhD, CLT-LANA