ASTYMSTRONG® For Runners

Recover faster with Astym therapy

With Astym therapy, give your body a boost. Muscle aches and old injuries shouldn't hold you back. Damage to the soft tissues and tendons is common with runners, but it doesn't have to take you out of the race. A course of Astym therapy can help resolve both chronic and acute injuries, and may even improve your baseline performance.

Don't hold yourself back. Get Astym therapy and cut your recovery time in half.







95.1% Success
Treating Achilles Tendinopathy

91.2% Success
Treating Plantar Fasciopathy

96% Success
Treating Sprains

What is Astym Therapy?

- Astym treatment is **safe and effective.**
- Astym therapy is one of the **most researched** therapy treatments available. It is unmatched in its ability to resolve scar tissue problems and other soft tissue dysfunctions.
- **Short treatment course:** A typical course of treatment lasts four to six weeks.
- The Astym process stimulates the body to **regenerate and remodel tissues.**

CERTIFIED ASTYM® Restore. Revitalize. Recover. PROVIDER AVAILABLE

Visit www.astym.com to learn more

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