ASTYMSTRONG® For Runners

OPTIMIZING RUNNING PERFORMANCE, RESOLVING INJURIES

Overuse injuries and soft tissue damage regularly occur in both recreational and competitive runners. Astym therapy has a strong answer for these challenges. A course of Astym therapy can resolve both chronic and acute injuries, and may even improve the baseline performance of runners.

Advanced education is available to Astym-certified providers who wish to specialize in the treatment of runners. This advanced education reviews common injuries, presentations, compensations, and particular Astym therapy protocols for runners' particular needs. Astym therapy has been shown to be highly effective in the treatment of common disorders affecting runners:

- Achilles Tendinopathy
- Plantar Fasciopathy
- Posterior Tibialis Tendinopathy
- ITB Tendinopathy
- Gluteus Medius Strain







Benefits of Astym Therapy?

- The Astym process stimulates the body to **regenerate and remodel tissues**.
- Astym treatment is **safe and effective.**
- Astym therapy is one of the **most researched** physical therapy treatments available.
- **Short treatment course**: A typical course of treatment lasts only four to six weeks (8-10 visits).
- **Patients get to stay active**: You are able to resolve their condition without restricting movement. Patients are still able to participate in work, sports, and the activities that they love.

Quality Care For Your Patients

With Astym therapy, you can offer your patients the **highest quality care** for soft tissue dysfunction. Astym therapy has a **high patient satisfaction**, and that translates into high patient satisfaction for you as the referring physician.

Need More Information?

Contact the Astym therapy Clinical Team at **clinical@astym.com** to schedule a time to talk.

CERTIFIED ASTYM® Restore. Revitalize. Recover. PROVIDER AVAILABLE

Visit www.astym.com to learn more

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