



COMING SOON

# LEVEL I: IASTM FUNDAMENTALS

EARN UP TO 11 CEUs

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SATURDAY, MARCH 25

8:00 AM - 5:30 PM

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**Stockton University**  
101 Vera King Farris Drive  
Galloway, NJ 08205

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**Course Instructor**  
TBD

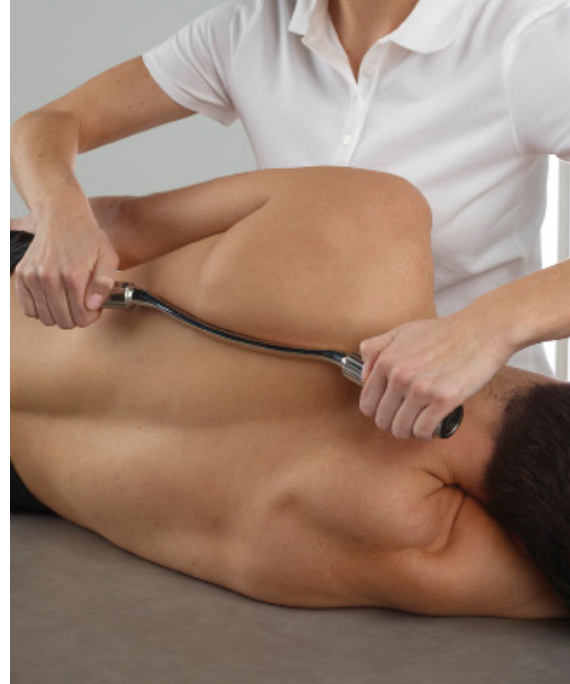
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## COURSE DESCRIPTION

Prior to the live course, attendees will participate in a 2-hour online course covering the research and fundamentals of IASTM technique. The course includes watching 2 videos and taking a short quiz. Attendees must obtain a 75% or higher on the quiz in order to pass the online portion of the course.

The live 8-hour course covers the basic skills necessary and to safely begin Instrument Assisted Soft Tissue Mobilization (IASTM) techniques. In this introductory skills acquisition course, participants will receive hands-on instruction in the proper use of IASTM through a lab-focused teaching format. The course will address proper instrument selection to address body contours and reach target tissues. At the end of the course, attendees will take a 1 hour exam for a certification in Level I: IASTM Fundamentals.\*

*\*Please dress to allow skin access to your entire upper and lower quarters to enhance the learning process*

**At the completion of this program, the participant will be able to:**

- List the precautions and contraindications for IASTM
- Understand, identify, and apply the appropriate IASTM treatment edge based on the target tissue and desired treatment effect
- Choose appropriate basic treatment IASTM strokes based on the body region contours, nature of the soft tissue restriction, and desired treatment outcome
- Integrate IASTM intervention into the overall treatment program to produce carry-over of the treatment effect and enhance treatment outcomes

## COURSE OUTLINE

- Introduction: theoretical basis of IASTM, review of current literature
- Basic handling, tool selection, and basic treatment strokes lab
- Lecture/discussion – treatment integration and dosing
- Myofascia and cutaneous strokes lab
- Deep muscle strokes lab
- Ligament/ tendon treatment strokes lab
- Hard tissue/soft tissue interface lab
- Instruction in use of the Multi-tool and skills integration lab

## WHO SHOULD ATTEND

The target audience is restricted to those who have achieved or are a student in their junior or senior year (transcripts required) working towards one or more of the following credentials: ATC, CHT, CLT, DC, DO, DOM, MD, MT, ND, OT, OTA, PT, PTA, RN. For other relevant credentials please contact HawkGrips to verify eligibility.



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Conshohocken, PA 19428  
United States

## CANCELLATION POLICY

HawkGrips reserves the right to cancel any live course. A cancellation is decided by the morning of the scheduled program. A full refund of tuition will be issued within 2 weeks if the course is canceled due to extenuating circumstances. HawkGrips is not responsible for any travel-related expense, including but not limited to airfare, overnight accommodations or other arrangements.