



The best therapy treatment for musculoskeletal conditions that relieves pain, restores movement, & provides you with a quick recovery, so you can keep doing what you love.



MOVE the way you used to.

Astym Therapy



Did you know?

Astym treatment is a therapy that addresses the **cause of your pain**, not just your symptoms.

Conditions that respond well to Astym Treatment...

- Plantar Fasciitis
- Shin Splints
- Heel Pain
- Achilles Tendinitis
- Chronic Ankle Sprains
- Knee Pain
- IT band syndrome
- Carpal Tunnel Syndrome
- Shoulder Pain
- Wrist Sprains
- Hamstring Strains

What is Astym Treatment?

Astym Therapy safely and effectively resolves soft tissue damage and degeneration, and eliminates or reduces unwanted scar tissue that can be causing pain or movement restrictions.

Through the Astym process, unhealthy soft tissues are replaced with new, healthy tissues.

Certified rehab professionals apply instruments on top of the skin to locate dysfunctional soft tissue, and to transfer pressure and shear forces to the underlying soft tissue structures. The force and direction of the treatment start a healing/regenerative response in tendons, muscles, and other soft tissue structures.



CLARA BARTON
Therapy Services