

## Course Preview:

London Academy of Sports and Health Sciences has affiliated with Pinnacle Training & Consulting Systems (PTCS) to bring you a dynamic home study course entitled "Instrument Assisted Soft Tissue Manipulation (IASTM)." This is a course designed for physical therapists and physical therapist assistants teaching the foundational material that most PTs and PTAs did not learn while in school. This course was designed to be systematic, evidenced-based and most importantly, have direct application that can be used immediately with your patients. The course material nicely compliments a one or two-day live seminar on IASTM offered by other CEU providers. The course comes with the following: A 150-page comprehensive CEU approved course manual that has over 240 references is divided into twelve distinct and separate chapters. The course is filled with over 100+ illustrations and graphics to enhance the learning experience. Delivery is sent electronically from PTCS to the customer or a physical manual can be shipped at an additional fee. The student will have access to over 20 videos that compliment and review each of the twelve chapters of the IASTM Home Study Course. To access these videos, each student is required to provide a sign in on our secure website.

The course is divided into twelve separate chapters. Which are listed below. The reason we choose this order, is that the material synergistically blends and compliments the previous chapter.

- Chapter 1: Foundation and why behind of IASTM
- Chapter 2: Research and effectiveness of IASTM
- Chapter 3: Principles and benefits of IASTM
- Chapter 4: Physiologic and neurophysiologic responses of IASTM
- Chapter 5: Type of tools available
- Chapter 6: Type of strokes, application, and use
- Chapter 7: Indications, precautions, and contraindications with IASTM
- Chapter 8: Fascia, fascial chain, and the fascial slings
- Chapter 9: Trigger points and adaptive shortening
- Chapter 10: Clinical Patterns of Movement Dysfunctions and using IASTM
- Chapter 11: IASTM techniques for upper body including cervical, shoulder, thoracic and elbow regions
- Chapter 12: IASTM techniques for lower body including lumbar, hip, knee and ankle regions

The logo for IASTM, featuring the letters "IASTM" in a bold, blue, sans-serif font. The letters are set against a black rectangular background.

**LONDON ACADEMY** OF  
SPORTS AND HEALTH SCIENCES

# Instrument Assisted Soft Tissue Manipulation Certification

**Pinnacle**  
Training & Consulting Systems

Course Code

# IASTM50

**BECOME CERTIFIED SPECIALIST**

**Application accepted from anywhere in the world**

# Course information

Course Outcomes.....	1
Requirements for Entry & Examination.....	2
Course fees .....	3
Examination.....	4
Certification .....	5
Enrollment Process .....	6
Registered Office .....	7

## Why use IASTM?

- Significantly increases range of motion (ROM)
- Decreases peripheral resistance whereby increasing tissue temperature
- Decreases pain
- Increases microcirculation
- Increases tissue perfusion and alters micro vascular morphology in the vicinity of healing knee ligaments
- Accelerates tissue and ligament healing
- Reduces the compression forces on the clinician's hands, especially the DIP joint

## 3 Course Fees

### Total Administration Fees Payable to

London Academy of Sports and Health Sciences: £40 GBP/ \$50 USD



## 1 Course Outcomes

At the end of this course, the participant will be able to: Interpret and list two sources on the foundation and origin of Instrument Assisted Soft Tissue Manipulation (IASTM) and the latest research as it applies clinically. Apply the fanning stroke with a patient who has active or latent trigger points -in their upper trapezius muscle. Independently defend selection of one IASTM tool and treatment plan for a specified clinical condition. Correctly compare mechanical and physiologic responses of IASTM when provided with a case study. Explain three key differences between a fascial restriction and muscle tightness. Identify two indications and two contraindications of IASTM for an instructor named clinical condition. Explain the rationale behind IASTM by comparing mechanical vs. neurological responses using the most current research. Understand what fascia is, how to identify common fascial restrictions using the IASTM and latest research. Based on instructor specified example indicating evaluation findings, will accurately choose the IASTM technique to manage the condition. Compare the difference between the clinical patterns of spinal stenosis, spondylosis, and lumbar radiculopathy in terms of each diagnosis's behavior of symptoms, clinical findings, and common muscle imbalances. Compare an active trigger point vs. a latent trigger point for patients diagnosed with fibromyalgia. Justify the IASTM tool selected based on the presence of trigger points in a therapy evaluation. Design a plan of care, including the IASTM, for a patient diagnosed with either a rotator cuff repair, subacromial decompression, shoulder impingement or similar diagnoses. education

## 2 Requirements for Entry

To be eligible to take the examination, you must:

1. Possess a national personal training certification from one of the following fitness agencies: ACE, ACSM, AFLCA, AFAA, Australian certifications required Certificate III (Fitness) & Certificate IV (Personal Trainer), BCRPA, Canfitpro, CFES, NASM, NSCA, NCSF, NFPT or WITS respectively and possess a minimum of 2-3 years of personal training experience and possess a valid CPR & first aid certification.

Or

2. Possess a bachelor's degree in one of the following related fields: Exercise physiology, exercise science or human movement, kinesiology, physics, biology related science degree and an advanced certification (i.e. N.S.C.A-CSCS, A.C.S.M.-CHFS, NASM-CES, NASM-PES or equivalent).

## 6 Enrollment Process

The process is very simple,

- 1-Go to courses page, select the course from the list
- 2-Complete the enrollment form
- 3-Email the completed form to [info@lashs.org.uk](mailto:info@lashs.org.uk)
- 4-We will verify your enrollment application details.
- 5-An administration fees invoice will be sent to your email along with other payment details if applicable.
- 6-Once your invoice is paid, a confirmation will be sent to your email from LASHS. Then, PTCS will contact you with the following details: The Home Study Course package, Readings Materials, access to training videos, examination, and certification details.

---

*Get the knowledge you need to meet the challenges in your health professional practice.*

---

## 7 Registered Office:

### Continuing Education Centre

Consultancy Management & Services, 20-22 Wenlock Road, N1 7GU, London, United Kingdom, Email: [info@lashs.org.uk](mailto:info@lashs.org.uk), [www.lashs.org.uk](http://www.lashs.org.uk)

### Course creator:

Chris Gellert, PT, MMusc & Sportsphysio, MPT, CSCS, C-IASTM.

Chris has been a practicing physical therapist for 18 years, uniquely is also a personal trainer with over 20 years of experience and has taught seminars, courses and at conferences to personal trainers, massage therapists, physical therapy assistants and physical therapists for the past 15 years. He has developed over 15 home study courses, 5 live seminars and webinars teaching the foundation science, functional assessments, and application science on human movement.

## 4 Examination

If you would like to earn CEUs for your home study course purchased, you must take an online examination for the respective home study course purchased or take a comprehensive 125 multiple-choice question examination, that covers all five home study courses. Please follow the steps below which clarifies the policies created by PTCS are in place to assess each student's knowledge of the information learned. The scoring process is consistent each time where the student is required to sign in to the PTCS website (under examination tab) and provide verification of their identity. Once the identity of the test taker is confirmed, the student will be required to take a 25 multiple-choice standardized online examination. The student can take this online examination whenever is convenient with them. As soon as the examination is completed, the score is sent to PTCS immediately. The examination is standardized where every student receives the same formatted examination. When the student passes the online examination, earning a score of 75% accordingly. The CEU Certificate will be electronically sent to the student receiving the appropriate CEUS earned for their respective state. Consult PTCS website for more examination information.

## 5 Certification

The Instrument Assisted Soft Tissue Manipulation (IASTM) Full Certification provided by PTCS. This course also approved for 12 CEUs from FSBPT. You will also be awarded Certificate of Completion from LASHS that include 12 credit hours of continuing education of the category B of the LASHS designation at your request. According to PTCS, this course approved in The United States Alaska / Arizona /Arkansas /California/ Colorado/ Delaware/ District of Columbia Georgia / Hawaii / Idaho/ Illinois/ Indiana/Kansas/Kentucky Michigan/ Mississippi/ Missouri/Montana/Nebraska North Carolina/North Dakota/Oregon/Puerto Rico/South Carolina/Tennessee/ Utah/ Vermont/ Virginia Wisconsin/ Wyoming

For individuals interested in pursuing certain credits and accreditation, it is recommended to consider the importance of National Accreditation for your specific field or profession and make your decision accordingly.

---

*Earn 12 credits hours of continuing education of LASHS designation Category B designation*

---