

## Instrument Assisted Soft Tissue Mobilisation (IASTM) in Northwich

### Advanced Soft Tissue Treatment at Weaver Physiotherapy & Sports Injury Clinic

If you're struggling with persistent muscle tightness, tendon pain, reduced mobility, or a stubborn sports injury that won't settle, Instrument Assisted Soft Tissue Mobilisation (IASTM) could be the missing piece in your recovery plan.

At Weaver Physiotherapy & Sports Injury Clinic in Northwich, Cheshire, we use IASTM as part of our evidence-based physiotherapy and sports rehabilitation programmes to reduce pain, improve tissue quality, and restore efficient movement.

In this comprehensive guide, we'll explain:

- What IASTM is
- How it works
- The science behind it
- Conditions it treats
- Why it's effective for runners and athletes
- How we integrate it into rehabilitation at Weaver Physio

### What Is Instrument Assisted Soft Tissue Mobilisation (IASTM)?

Instrument Assisted Soft Tissue Mobilisation (IASTM) is a specialised manual therapy technique that uses ergonomic stainless-steel or polymer tools to assess and treat soft tissue restrictions.

Rather than relying solely on hands, the clinician uses specifically designed instruments to:

- ✓ Detect tissue adhesions and restrictions
- ✓ Break down scar tissue
- ✓ Improve fascial glide
- ✓ Stimulate healing
- ✓ Restore normal tissue mobility

One of the most well-known IASTM systems is Graston Technique, which helped popularise this approach globally. While tools and systems vary, the principles remain consistent: improve soft tissue quality to optimise movement and reduce pain.

### How Does IASTM Work?

IASTM works through several mechanisms:

#### **1** Mechanical Effect

The tool allows the therapist to apply controlled pressure to affected tissue. This can:

- Break down adhesions
- Disrupt abnormal cross-linking in scar tissue
- Improve fascial sliding
- Reduce fibrotic restriction

## 2 Neurological Effect

Like many manual therapies, IASTM stimulates mechanoreceptors in the skin and fascia.

This can:

- Reduce pain perception
- Decrease protective muscle guarding
- Improve movement tolerance

## 3 Circulatory & Healing Response

IASTM may stimulate a local inflammatory response in chronic tissue dysfunction. This can:

- Increase blood flow
- Improve nutrient delivery
- Encourage tissue remodelling
- Support collagen realignment

For chronic tendinopathy or long-standing soft tissue injury, this can be particularly valuable.

Why We Use IASTM at Weaver Physio in Northwich

At Weaver Physiotherapy & Sports Injury Clinic, we treat:

- Running injuries
- Tendon pain
- Muscle strains
- Post-surgical scar tissue
- Chronic tightness
- Overuse injuries

IASTM is especially useful when we identify:

- Fascial restrictions
- Tendon thickening
- Reduced soft tissue glide
- Persistent muscle tightness
- Scar tissue adhesions

Because the tools enhance tactile feedback, we can often detect restrictions that are harder to feel manually.

IASTM for Tendon Pain

Tendon issues are common in active individuals across Cheshire, including runners and gym-goers in Northwich, Knutsford, Winsford, Middlewich, Tarporley, and Frodsham.

Common tendon problems include:

- Achilles tendinopathy
- Patellar tendinopathy
- Hamstring tendon irritation
- Rotator cuff tendinopathy
- Tennis elbow

In chronic tendinopathy, tissue becomes:

- Disorganised
- Thickened
- Less efficient at handling load

IASTM can help stimulate a healing response while we simultaneously prescribe progressive loading exercises.

At Weaver Physio, we often combine:

- ✓ IASTM
- ✓ Strength-based rehabilitation
- ✓ Shockwave therapy (when appropriate)
- ✓ Running gait analysis (for runners)

This multi-modal approach improves long-term outcomes.

IASTM for Runners in Cheshire

As a Specialist Running Injury Clinic in Northwich, we frequently use IASTM for:

- Tight calves
- Achilles irritation
- IT band restriction
- Hamstring tightness
- Plantar fascia overload

Running creates repetitive loading patterns that can lead to fascial stiffness and tissue thickening.

IASTM helps by:

- ✓ Improving tissue glide
- ✓ Reducing local stiffness
- ✓ Enhancing ankle mobility
- ✓ Supporting recovery between training blocks
- ✓ Preparing tissue for strength progression

However, it's important to understand that IASTM is never used in isolation. It is always integrated into a structured rehabilitation programme.

What Happens During an IASTM Session at Weaver Physio?

When you attend Weaver Physiotherapy & Sports Injury Clinic in Northwich, your session will include:

#### **1** Detailed Assessment

We assess:

- Joint range of motion
- Muscle imbalances
- Tissue quality
- Functional movement
- Strength deficits

## 2 Targeted Application

A specialised instrument is applied to the affected tissue using controlled strokes.

You may feel:

- Mild scraping sensation
- Local warmth
- Slight discomfort in restricted areas

The intensity is always adjusted to tolerance.

## 3 Mobility & Exercise Integration

Immediately after IASTM, we often prescribe:

- Mobility drills
- Strength exercises
- Activation work
- Functional movement retraining

This ensures new tissue mobility is reinforced.

Does IASTM Cause Bruising?

Some mild redness is common due to increased circulation.

In certain cases, light bruising may occur, particularly in very restricted or sensitive tissue. However, at Weaver Physio, we use a controlled and evidence-informed approach rather than aggressive “bruising for effect.”

Modern best practice focuses on precision and rehabilitation — not excessive force.

IASTM allows for deeper tissue assessment with less strain on the clinician, meaning more consistent treatment application.

IASTM for Scar Tissue & Post-Surgery Recovery

After surgery or injury, scar tissue can restrict movement and create long-term stiffness.

IASTM can help:

- ✓ Improve scar mobility
- ✓ Reduce adhesions
- ✓ Restore fascial glide

✓ Improve range of motion

When combined with progressive loading and strength work, outcomes improve significantly.

## The Science & Evidence Behind IASTM

Research suggests IASTM can:

- Improve range of motion
- Reduce pain in tendinopathy
- Enhance tissue extensibility
- Support rehabilitation progression

While more high-level trials are ongoing, clinical experience and emerging evidence show strong positive outcomes when IASTM is part of a comprehensive rehabilitation strategy.

At Weaver Physio, we always align manual therapy with active exercise.

## Who Is IASTM Suitable For?

You may benefit from IASTM if:

- ✓ You have chronic tendon pain
- ✓ You feel persistent tissue tightness
- ✓ You have post-surgical scar restriction
- ✓ Stretching alone hasn't helped
- ✓ You are a runner with calf/Achilles tightness
- ✓ You are an athlete with recurring soft tissue overload

It may not be appropriate in cases of:

- Acute inflammatory conditions
- Blood clot risk
- Certain skin conditions

A full assessment determines suitability.

## Why Choose Weaver Physio for IASTM in Northwich?

Weaver Physiotherapy & Sports Injury Clinic is known across Cheshire for:

- ✓ Specialist Running Injury Assessment
- ✓ Evidence-Based Physiotherapy
- ✓ Shockwave Therapy
- ✓ Sports Massage & Deep Tissue Therapy
- ✓ Personalised Rehabilitation Programmes
- ✓ Strength & Conditioning Integration

We don't rely on passive treatment alone.

IASTM is used strategically to:

1. Improve tissue quality
2. Reduce pain
3. Restore mobility
4. Enhance strength progression
5. Build long-term resilience

IASTM and Long-Term Performance

Pain relief is important — but performance longevity matters more.

By improving tissue quality and load tolerance, IASTM can help:

- Reduce recurrence of injury
- Improve force transfer
- Enhance running efficiency
- Support progressive overload
- Improve recovery capacity

When tissue glides efficiently, joints move better, muscles activate more effectively, and performance improves.

Recover Stronger. Perform Better. Live Pain-Free.

Instrument Assisted Soft Tissue Mobilisation is a powerful, evidence-based treatment option for chronic soft tissue restriction and tendon pain.

At Weaver Physio in Northwich, we integrate IASTM into comprehensive rehabilitation plans designed to deliver:

- ✓ Sustainable pain relief
- ✓ Improved mobility
- ✓ Enhanced athletic performance
- ✓ Reduced injury recurrence

If you're looking for expert physiotherapy in Northwich or Cheshire and want a smarter, results-driven approach to recovery, Weaver Physiotherapy & Sports Injury Clinic is here to help.

Book Your Assessment Today

 Weaver Physiotherapy & Sports Injury Clinic  
Northwich, Cheshire

Whether you're dealing with Achilles pain, hamstring tightness, post-surgical stiffness, or chronic tendon issues — IASTM could be part of your personalised treatment plan.

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