

IRG CLINICAL LOCATIONS

ARLINGTON PHYSICAL THERAPY

2908 17th Street, NW
Arlington, WA 98201
361-403-6219

EDMONDS HAND THERAPY

2907 21st Street, SW
Edmonds, WA 98222
425-432-2153

EVERETT PHYSICAL THERAPY &
SPORTS PERFORMANCE CENTER

2900 Hammond Way, Ste 113
Everett, WA 98201
425-257-2908

EVERGREEN PHYSICAL THERAPY
CENTER & PILATES STUDIO

5409 Evergreen Way
Everett, WA 98201
425-252-1662

GRANITE FALLS PHYSICAL THERAPY

403 N. Sprague
Granite Falls, WA 98290
509-491-6283

MUKILTEO PHYSICAL THERAPY

11200 Mukilteo
Mukilteo, WA 98291
425-403-3165

MURPHY'S CORNER PHYSICAL THERAPY
IN MILL CREEK

13131 Mill Creek
Mill Creek, WA 98271
425-252-3444

REDMOND RIDGE PHYSICAL THERAPY

19500 NE 11th
Redmond, WA 98073
425-252-2164

SILVER LAKE PHYSICAL THERAPY

10202 Silver Lake
Silver Lake, WA 98283
425-252-4144

SNOHOMISH PHYSICAL THERAPY

1201 Franklin
Snohomish, WA 98290
425-252-2724

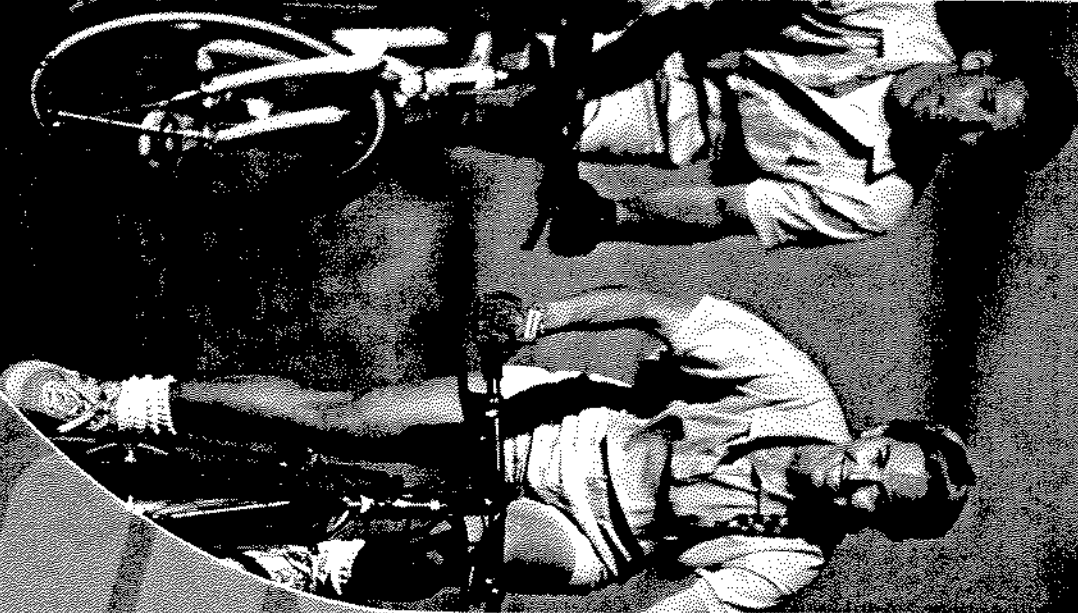


Physical & Hand Therapy Services

1519 132nd Street SE, Suite A
Everett, WA 98206

B E Y O N D P H Y S I C A L T H E R A P Y

THE ASTYM SYSTEM



Physical & Hand Therapy Services
www.ircrg.com



ASTYM

The ASTYM System is an advanced form of physical therapy that identifies and treats dysfunction within the soft tissue. Treatment is performed with ergonomically designed instruments that quickly identify and effectively treat areas associated with soft tissue scar/fibrosis or chronic tendinopathy. Exercise and activity are an integral part of the recovery program and help promote optimal healing. As the soft tissue changes, pain decreases and function increases. The ASTYM System is also a valuable alternative to surgery and teaches patients how to avoid recurrence of the injury, providing them with long-term benefits for pain management.

CONDITIONS TREATED BY ASTYM

Patients who are experiencing pain, loss of motion or loss of function following surgery, injury, cumulative trauma disorders, and chronic tendonitis/bursitis often benefit from the ASTYM System. Conditions that respond well to the ASTYM System include:

- Trigger Finger
- Lateral & Medial Epicondylitis
- DeQuervain's Tenosynovitis
- Shoulder Pain
- Planter Fasciitis
- Achilles Tendinitis
- Shin Splints
- Forefinger Tendinitis
- Elbow Syndrome
- Tarsal Tunnel Syndrome
- Chronic Tendinopathies



ASTYM

As with all of our exercise and therapy programs, we value the importance of educating the patient. Through teaching and involving patients in the process, the ASTYM System offers an effective means of treatment and future prevention of the condition. Our program consists of a comprehensive treatment plan and may include all or some of the following:

- A complete evaluation by a certified ASTYM System physical therapist
 - Home stretching and exercise program
 - Manual use of braces and splints
 - Activity and recreation throughout the treatment process
- Approximately 6 - 12 sessions, typically twice a week

Success is to be measured not by
how big the position but how big
faceted it is as by the obstacles
which lie before us.

Bozzer T. Washington



ASTYM



2030B 77th Avenue NE, Suite E
Arlington, WA 98223

360-403-8250

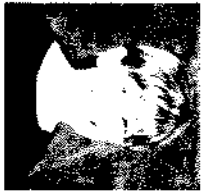
360-403-8217 Fax



7907 212th Street SW, Suite 219
Edmonds, WA 98026

425-628-2673

425-628-2643 Fax



8140207 19th Avenue SE
Everett, WA 98208

425-337-3164

425-338-4594 Fax