

Choosing Tools Guide– We offer several designs, sizes, and set combinations to please a wide range of practitioners- we've learned that there are multiple demands for instruments based on specific needs. What sizes of anatomy targets do you want to treat most with IASTM? A properly scaled tool improves treatment at the anatomical site while giving you the proper weight and profile for the intended tissue stroke. For example, the Detail tool will work great for the hand, and the AP L Bar will be perfect for the Glutes, but not the other way around.



From a scale perspective, you can decide which tool works best for the part of the body you are treating. Because Myo-Bar tools have multiple treatment profiles on every tool, you often need one selection per treatment session (unless you are treating multiple sites). From small targets and very fine strokes... to deep long strokes in big musculature and fascia, the Myo-Bar tools will help with many types of approaches.

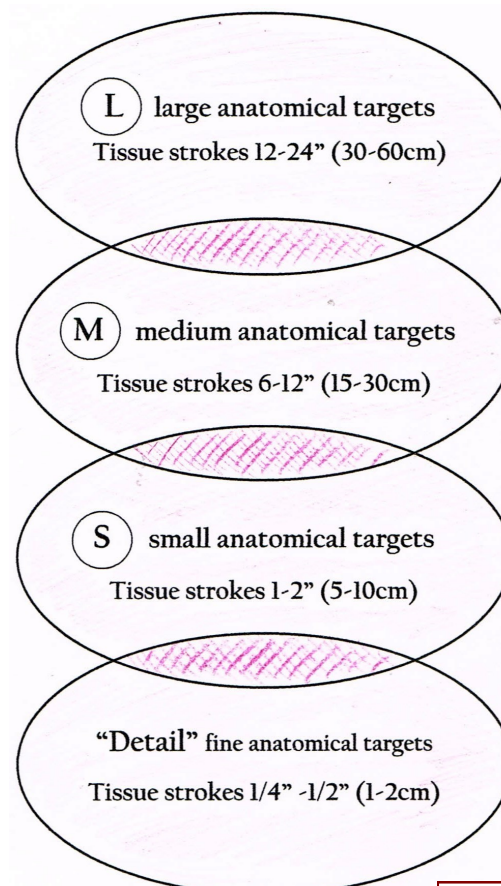
You can see from the list to the Right of the Venn diagram that, while there is overlap in each tool's application, they are designed for a "sweet spot" in the range of myofascial anatomy.

"L" large targets could be Traps, Erector spinae, QL, Glutes, Hamstrings, Quads...

"M" Medium targets could be Rotator cuff, arm, neck muscles (as a group), IT Band, lateral leg compartment, Patellar tendon, Gastrocnemius/Soleus...

"S" Small targets could be wrist, forearm, ankle, foot, Costovertebral joints, TMJ, A/C, Sacral ligaments, Suboccipitals...

"Detail" or fine targets would be capsules/tendons/ligaments of small joints.



XL Myo-Bar
AP L I and II Bars
Original Myo-Bar



Healing Edge **M**
(I, II, or III)
GS "Whale"
Sport Tool



Healing Edge **S**
(I, II, or III)
Trigger Point Tool
Element



Detail Tool

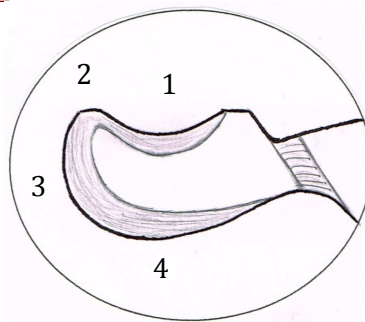
Making selections based on the size of your tool is also important for your comfort as a practitioner. You can easily perform more intricate strokes in the “pen hold” with a smaller tool. When covering a lot of ground in the thigh or back you are best using a larger tool with more mechanical advantage, saving effort on your part. After *scale*, consider the tool *profile*.

There are three Healing Edge tool profiles. They all feature the **combination head** and are very ergonomic- easy to maneuver with both a handle grasp and a pen hold- because of the

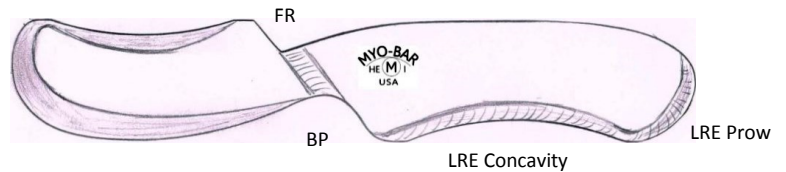
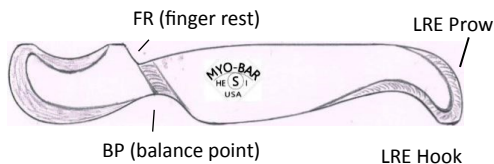
integrated finger rests & balance points. The combination head has a 1/16” radius edge- common to most IASTM tools. Additionally, Healing Edge tools have a 1/8” **large radius edge** (LRE) at the reverse end of the tool. This is used to either press *deeper* than is comfortable with the smaller edge, or

All Healing Edge tools have variations of the **combination head**- This gives you four treatment profiles to use by tilting or flipping the tool:

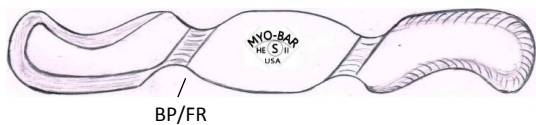
- 1) **Concavity.** 2) **Hook.**
- 3) **Prow.** 4) **Convexity.**



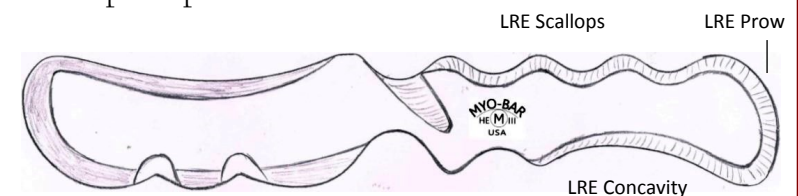
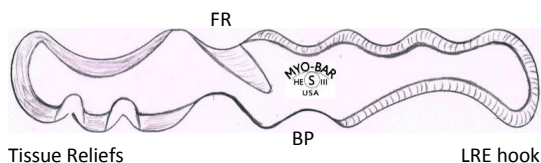
when the treatment site is sensitive/painful even with light pressure. The “M” and “S” in each of the three (I, II, & III) Healing Edge profiles are the same, just differing in the size of the tool.



The **HE I** profile offers plenty of versatility. In addition to the combination heads, they have LRE's noted in the drawings above. Finger rest (FR) for the tip of the index finger, and balance point (BP) for resting on the middle finger help to comfortably maneuver the tool with secure hold- without “pinching” the sides.

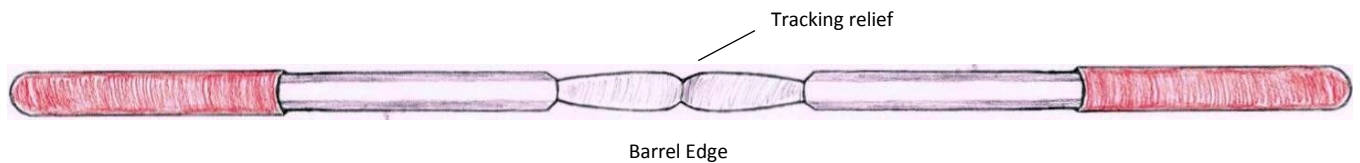


As you move up to the **HE II** you gain a fully symmetrical LRE head. All profiles of the combination head in both edge sizes are switched instantaneously with a simple “flip” of the tool.

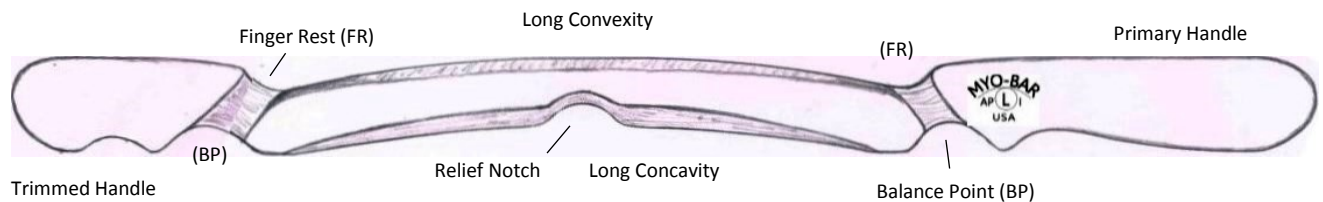


The **HE III** features *tissue reliefs* in the head convexity and LRE *scallops* in the handle. These improve tracking during the tissue stroke, along with penetration of mechanical forces. The skin (+ blood/ISF) is allowed to “flow” up into the relief making way for deeper tissue penetration of the edge.

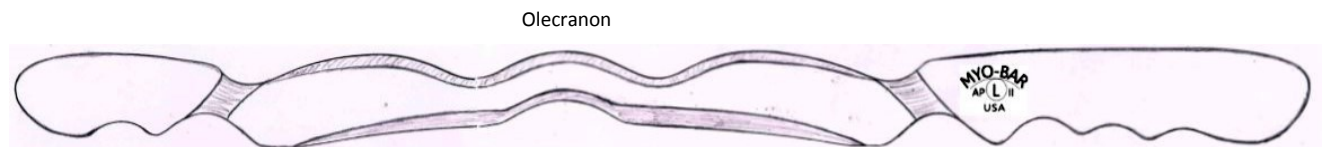
When considering “L” Myofascial Bars you have four to choose from. The Original Myo-Bar has a simple barrel edge, but is easy to maneuver and offers all the advantages of stainless steel for gliding over the skin, detecting myofascial phenomenon, and being easy to sanitize. The tracking relief in the middle helps the bar stay on target during the stroke.



As you move up to the Advanced Practice (AP) L I Bar you will gain heft, and more profile features of the treatment edge, namely the long convexity and long concavity. A relief notch in the concavity is helpful for tracking and focusing the bars mechanical energy deeper, by allowing a low pressure channel of skin/interstitial fluid in the middle of the stroke. Additionally, it prevents “squashing” the Achilles' & Hamstrings tendons when working near these structures. The “trimmed” accessory handle makes the bar easier to maneuver, by not bumping into the table, when working around an extremity or the lateral low back.



The AP L II Bar adds a couple more finger notches in the handle and the “olecranon” on the top of the bar. The olecranon will focus pressures deep within the large structures of the low back, hip, and thigh. This is especially helpful for Fascial Manipulation.TM

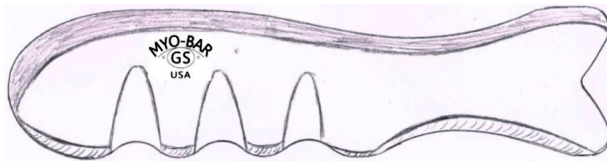
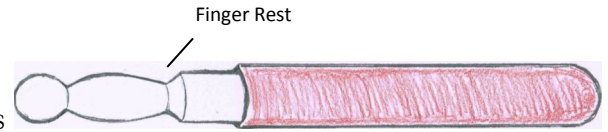


The XL Bar has the same profile as above... just bigger. This is what you bring out for your weight lifters, football players, construction workers, and other really “big” patients.



Specialty Tools

Our classic **Trigger Point Tool** can be held close in the hand with the thumb on finger rest to give you effortless applications of any techniques that are thumb dominant– a real thumb saver. Rounded “ball” end gives a predictable afferent stimulus which means you can work deeper with less patient discomfort. Ultra smoothness lets you work on skin without emollient or through the cloths, when necessary.



The **Gua Sha (GS) Tool** is wider and thinner than the Healing Edge Tools. It's profile is an amalgam of the timeless and traditional “whale” form that has been in use for thousands of years. We've improved on it (dare we say) by offering it in stainless with ergonomic scallops/hollows, & consistent edges.

This **Detail Tool** will give you pinpoint accuracy and the ability to palpate the smallest of myofascial lesions hiding in small joint capsules and along tendons.



Our Most Common Recommendations: What if...?

- ◆ You're mainly interested in cross friction work around tendons and ligaments of the extremities. Recommendation: HE S (I, II, or III) single tool, or Healing Edge Set with both M and S.
- ◆ You perform a lot of deep muscle or fascial therapies for longer sessions, or you work large areas of anatomy as an athletic trainer. You are concerned about stress to your own body when performing manual therapies. Recommendation: Myofascial Pro Clinic Sets or Sport Med Sets.
- ◆ You're an experienced clinician who treats a wide variety of myofascial conditions looking for a complete solution for IASTM. Recommendation: One of the Complete Clinic Sets.
- ◆ You like the idea of Gua Sha and/or integrating IASTM with Eastern and Western therapy approaches. Recommendation: Gua Sha “Fusion Sets.”
- ◆ You really just want a recommendation for one high quality edge tool that is the most versatile. Recommendation: Healing Edge M (I or II), or GS tool.
- ◆ You already have some tools, but would like one better suited for larger anatomy or a tool you can use in the “pen hold” for focus work. Watch comparison videos to figure out which scale tool is best, or contact Dr. Matthew Hajzl via the website for a personal recommendation.
- ◆ You want more technique info & background on IASTM. Download the Technique Primer PDF.
- ◆ You're interested in self-care (working with your health care provider) or a student just learning IASTM. Recommendation: Sport Tool, Original Myo-Bar, or Element.