



## **The ASTYM™ System HELPING EMPLOYEES HEAL**

**One of the most significant  
advancements in  
rehabilitation since  
I have been in practice.**

— JOSEPH A. KLEINKORT  
MA, PHD, PT  
Executive Vice President  
WorkSTEPS, Inc.  
Austin, Texas

***The ASTYM System is a rehabilitation treatment that provides a breakthrough in the management of industrial injuries. The System identifies and treats abnormalities within soft tissue, and the treatment results in rapid pain relief and improvement in function.***

### ***What can the ASTYM System do for your company?***

- Effectively treat cumulative trauma disorders and other injuries
- Decrease medical and non-medical costs
- Reduce lost and restricted days
- Keep workers on the job during the treatment process
- Decrease the need for surgeries
- Decrease the need for splints and braces
- Reduce injury recurrence
- Enhance employee satisfaction
- Resolve tough cases/claims

### ***How does it work?***

- Specially designed instruments are used non-invasively along the skin to identify and treat areas of dysfunctional tissue.
- The instruments stimulate remodeling and regeneration of soft tissue. Employees may experience transient soreness and/or bruising as the healing process occurs.
- A regimen of stretching and exercise guides the soft tissue remodeling in stronger, healthier patterns.
- The employee remains on the job, which provides the appropriate stresses necessary for optimal healing.

### ***What's different about the ASTYM System?***

- The ASTYM System is a successful front-line therapy and is also effective when utilized after other approaches have failed.
- The ASTYM System often allows workers to stay on their job without restrictions or splints.
- The ASTYM System addresses the underlying cause and subsequent compensations from the disorders, not just the symptoms.
- The ASTYM System helps the employee's body successfully adapt to the demands of the job.
- Thousands of diagnosis-specific outcomes have been collected and provide guidelines for the number of therapy sessions and the probable outcome for each diagnosis.
- Clinical, scientific, and outcomes research document the effectiveness of the ASTYM System.
- The ASTYM System was pioneered by Thomas L. Sevier, MD and has been used by rehabilitation professionals since 1996.
- The ASTYM treatment typically requires only 6-12 sessions (3-6 weeks).
- Employees are discharged from therapy with improved function, decreased pain and the knowledge of how to manage the physical stresses incurred on the job.



**ASTYM treatment is a reliable alternative to surgery in many medical diagnoses. It also resolves symptoms effectively in some of the medical conditions where surgery is either not an option or has a poor prognosis. It involves the patient in prevention of recurrence. It is a win/win situation for all involved.**

— CASE MANAGER  
National Managed Care Company  
Indianapolis, Indiana

## **Who provides the ASTYM System?**

The ASTYM System is provided by rehabilitation clinicians who have been certified through Performance Dynamics, Inc., the researchers and developers of the System. In order to be certified, each clinician must undergo an intensive training course that includes lab instruction, written testing, and practical testing.

## **Diagnoses that respond well to the ASTYM System**

- Post-surgical scarring
- Post-traumatic fibrosis
- Carpal tunnel syndrome
- Lateral epicondylitis
- Medial epicondylitis
- DeQuervain's tenosynovitis
- Trigger finger
- Wrist sprains
- Shoulder pain
- Plantar fasciitis
- Chronic ankle sprains
- Achilles tendinitis
- Anterior knee pain
- Hip pain/trochanteric bursitis
- SI and low back pain
- Chronic tendinopathies
- Soft tissue changes associated with degenerative arthritis

## **Measuring the impact**

### **Case costs**

An employee underwent surgery for carpal tunnel syndrome and returned to work after absence for surgery and recovery. That same employee later developed carpal tunnel syndrome in the other hand. Hesitant to have a second surgery, the employee opted for treatment with the ASTYM System and experienced a full recovery.

The employee did not require time off for surgery or recovery, and during treatment, she continued her usual work duties without restrictions. The employee was thrilled with the non-invasive treatment process and results, and the case manager reported a cost savings of **\$7,700 in medical costs alone!** If you take into account the added savings of keeping this employee on the job during treatment, the savings to her employer were quite substantial.

### **Lost days**

A large automobile parts manufacturer had a significant problem with lost work days. They instituted a plant-wide ergonomics program and still had 187 lost work days over a 3-month period. At that point, they added the ASTYM System and over the following 3 months, had only 17 lost work days!

### **Resolving tough cases/claims**

A Midwest plant for a major automobile manufacturer was preparing to close cases on 68 employees with chronic CTDs. These employees had been off work and had spent an extended time in the medical system with no resolution. As a last resort, the employer sent these workers to ASTYM therapy. The result: 57% of workers, who had been considered "failed cases", returned to **full function** at their ORIGINAL JOBS, and an additional 18% returned to work with some modifications/restrictions. This led to **substantial savings** for the employer.

As these cases demonstrate, utilizing the ASTYM System as the treatment of choice for cumulative trauma disorders is a win-win situation for employers and their employees!