

IASTM tool : Artist

FASCIQ®

Concave round/sharp edge XS

Technique

- Scanning
- Super-fascial treatment
- Pin & stretch
- Effleurage

Region

- Achilles tendon
- Wrist
- Thumb/hand (radial side)

Convex round/sharp edge S

Technique

- Superfascial
- Release layer/septa
- Effleurage

Region:

- Plantar fascia medial
- Medial/ventral tibial
- Lower and upper arm

Convex round/ sharp XS

Technique

- Release layers/septa
- Deep tissue
- Trigger points

Region

- Achily
- M. Subscapularis
- Tendon insertion

Convex sharp round edge L

Technique

- Effleurage
- Pin & stretch

Region

- Upper leg
- Hip
- Back
- Chest

Concave round/sharp edge L

Technique

- Scanning
- Super fascial treatment
- Pin & stretch
- Effleurage

Region

- Upper leg
- Hip
- Back (lateral side)

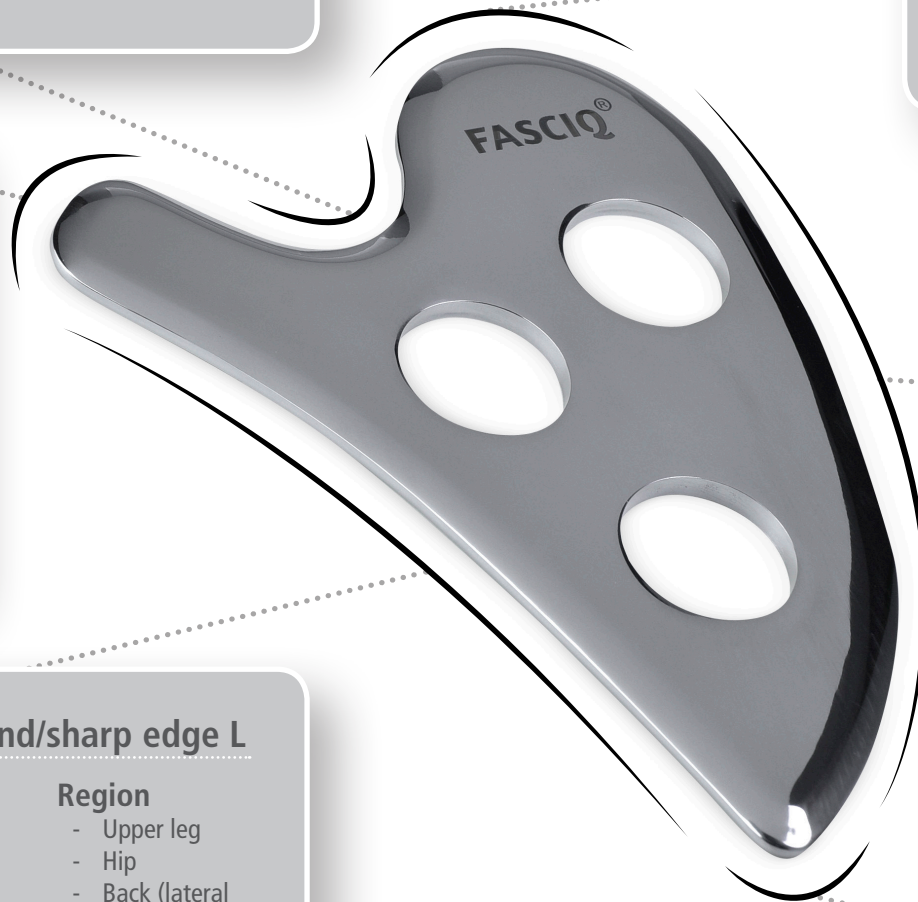
Small spot/sharp round

Technique

- Triggerpoint

Region

- All body
- Insertion tendon



THYSOL