



Rock Tape Education: Instrument Assisted Soft Tissue Mobilisation Course

Rock Blades (IASTM)

25th June 2025

£120

Introduction

Instrument Assisted Soft Tissue Mobilisation (IASTM) has become an integral part of physical therapy and athletic training. The Rock Tape Education course offers comprehensive training on using tools effectively to improve patient outcomes. This course is designed for healthcare professionals, including physical therapists, chiropractors, massage therapists, and athletic trainers, who want to expand their skill set in soft tissue treatment.

Course Overview

The Rock Tape IASTM course covers fundamental concepts and practical applications of soft tissue mobilisation using specially designed tools. Participants

will learn how to incorporate these techniques into their practice to enhance patient care.

Key Learning Objectives

- Understand the principles and benefits of IASTM.
- Learn proper tool handling and usage techniques.
- Identify appropriate conditions and patient populations for IASTM.
- Integrate IASTM with other therapeutic modalities for comprehensive care.
- Develop skills to assess and address soft tissue dysfunction.

Course Content

Theory and Background

- **History and Development of IASTM:** Explore the evolution of IASTM and its role in modern therapy.
- **Anatomy and Physiology:** Review relevant anatomy and physiology to understand the effects of IASTM on soft tissues.

Practical Skills

- **Tool Techniques:** Hands-on training with Rock Tape tools, including grips, strokes, and pressure applications.
- **Treatment Protocols:** Step-by-step guidance on creating effective treatment plans for various musculoskeletal conditions.
- **Patient Assessment:** Learn to evaluate tissue health and identify dysfunction using palpation and visual cues.

Integration and Application

- **Combining Modalities:** Strategies for integrating IASTM with other treatments, such as taping and exercises.
- **Case Studies and Scenarios:** Real-world applications and problem-solving exercises to reinforce learning.

Benefits of the Course

- **Enhanced Patient Outcomes:** Gain skills to help patients recover faster and more effectively.

- **Professional Development:** Stay current with cutting-edge techniques and expand your practice.
- **Certification:** Receive a Rock Tape IASTM certification upon course completion, demonstrating your expertise.

Conclusion

The Rock Tape IASTM course offers valuable training for healthcare professionals seeking to enhance their treatment capabilities. By mastering these techniques, participants can provide more effective care and improve patient satisfaction. Whether you're a seasoned practitioner or new to the field, this course is a worthwhile investment in your professional development.

Enrol via the rock tape education webpage:

[Rock Tape Education](#)

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