



Ttool by AlfaCare



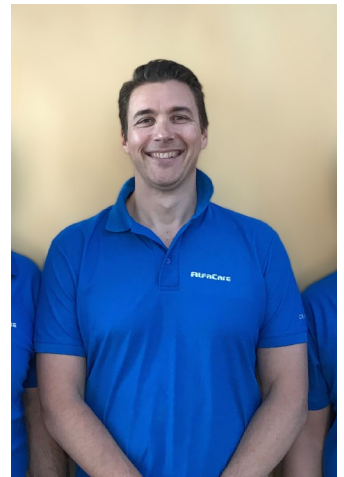
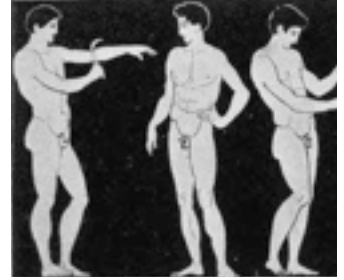
IASTM history:

IASTM started developing in the early 2000s. I believe the main driver for its use was that a group of practitioners who, due to hand injuries, could not perform cross friction massage according to the Cyriax guidelines, needed a tool to help them provide effective soft tissue treatment. They took inspiration from Gua Sha, which is the traditional Chinese medicine tool-based massage, and started experimenting with modern materials.

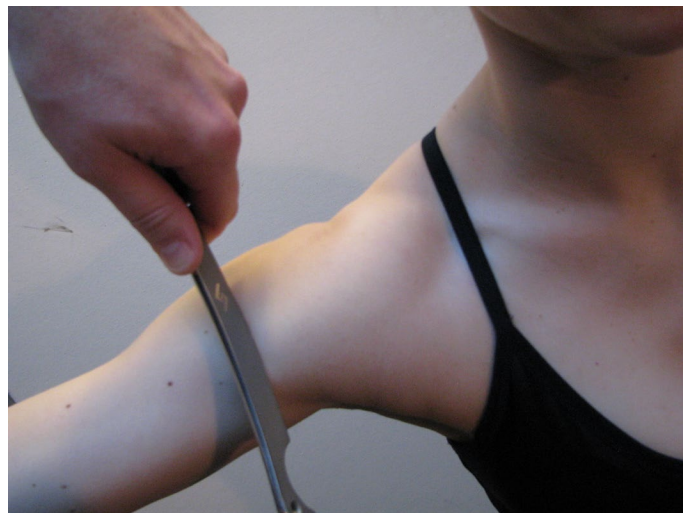
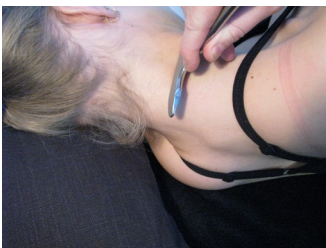
What was interesting for the early developers was that when a steel tool moved over 'rough' tissue areas it transferred a reverberation through the instrument, which both the clinician and patient could feel. We still use this today to try and focus on areas where the fascial structures may be 'crumpled'. Running an edged instrument over skin can often result in crushing of small blood vessels that connect arteries and veins- this manifests as red spots in the skin called petechiae. The sharper the instrument edge, the easier it is to create these petechiae. So the edges of any tool have to be sharp enough to create an effective pressure wave so that scar tissue or fascial adhesions can be effectively treated, but not so sharp that petechiae are immediately formed. Petechiae result in bruises, which delayed the next treatment.

Why the tool:

When I started working with IASTM tools, they were sold as kits, consisting of several unique tools. The kits weigh several kilograms, which is not good if you have to move around a lot in a busy clinic or sports field. So, I innovated IASTM devices by creating a single tool that can take care of the job. The tool went through several versions to get to where it is today. I combined more and less aggressive edges and several rounded services, to allow the clinician to cover the whole body- head to toe.



Head of education
Cornelius Myburgh
M:Appl.Sci, PhD



Ttool:

Universal IASTM Tool



Product ID: 113022

Ttool is an IASTM tool (Instrumentet Assisted Soft Tissue Mobilization) developed to soften soft tissue adhesions and scars, and to increase local blood.

- Why is Ttool the right tool for you?
- Unique ergonomic design to optimise surface contact
- Bevelled and rounded edges to exert effective and control soft tissue compression
- Ttool eliminates the need for multiple IASTM devices
- Surface handling surface to facilitate easy and secure grip, even when covered with lubricant with modern materials.



Tool Glide 100 ml:

Product ID: 113055

Tool Glide is a mixture of coconut oil and filtered beeswax. This product reduces sensitivity and bruising, and prevents skin scratches. Tool Glide is allergy friendly and does not contain perfume.



Ttool Holster:

Product ID: 113078

Custom holster protects the Ttool from scratches and damage; designed in Denmark and manufactured in Italy. Available with colored seams in green, orange, red and black.

Through AlfaCare Academy, we provide
instructor course to educate instructors world wide



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