



Certified Astym® providers are available at Rivergate Physical Therapy!



Rivergate Physical Therapy is committed to offering top-quality care. We have clinicians on staff that underwent the intensive training and education to become Astym-certified.

What is Astym therapy?

Astym treatment is **the regenerative medicine of therapy** and is designed to restore soft tissues at a cellular level. It regenerates healthy soft tissues (muscles, tendons, etc.), and removes unwanted scar tissue that may be causing pain or movement restrictions. Astym therapy has helped countless people by restoring their movement, getting rid of their pain, and giving them back their lives.

Astym therapy is so effective because it was scientifically developed to target the actual cause of the pain rather than just the symptoms. Years of scientific and clinical research conducted at leading universities and hospital systems resulted in Astym treatment, which now routinely resolves injuries that were previously thought to be permanent. ***Astym treatment is unmatched in its ability to resolve tendinopathies, scar tissue problems, and other soft tissue dysfunctions.*** [Click for video.](#)

To learn more, visit www.astym.com

Do what you love, with

Enjoy your family vacation Ride bikes with your grandkids Begin new adventures

Astym is a therapy treatment for musculoskeletal conditions that relieves pain, restores movement and provides you with a quick recovery, so you can keep doing what you love.

www.astym.com