

Abstract

This invention relates to Therapeutic Ultrasound and Instrument Assisted Soft Tissue Mobilisation (IASTM) and its properties to reduce pain, break soft tissue adhesions and scar mobilisation. Therapeutic ultrasound and IASTM both are used to reduce pain, break soft tissue adhesions and scar mobilisation either due to its healing properties, tissue heating or by tissue remodelling. This innovation has deep heating and healing properties of ultrasound combined with fascia release, tendon release, trigger point release and scar mobilisation.