IASTM Workshop

The Faculty of Physiotherapy at Baba Mastnath University organized a two-day workshop on "Instrument Assisted Soft Tissue Mobilization (IASTM)" on 25/09/2023. This departmental-level workshop aimed to provide physiotherapy students and professionals with advanced knowledge and hands-on training in the innovative IASTM technique, which is a vital aspect of modern rehabilitation practices. The workshop was spearheaded by the esteemed Convener, Dr. Preeti, and Co-Convener, Dr. Ruchi. Renowned experts, Dr. Saurabh Wadhwa and Dr. Sonia Chahar, graced the event as guest speakers, sharing their invaluable expertise with the participants.

The workshop began with an inaugural address by Dr. Preeti, who emphasized the importance of skill enhancement in physiotherapy for achieving better patient outcomes. The guest speakers, Dr. Saurabh Wadhwa and Dr. Sonia Chahar, delivered comprehensive lectures on the theoretical foundations of IASTM, followed by practical demonstrations and hands-on training sessions. Participants were introduced to a range of specialized tools and techniques used in IASTM, with an emphasis on their application in treating musculoskeletal conditions.

Interactive sessions were conducted to engage participants in case-based discussions, fostering a deeper understanding of the technique's clinical relevance. The Co-Convener, Dr. Ruchi, ensured seamless execution of the event, encouraging active participation and knowledge sharing.

This workshop holds immense significance in the context of society's evolving healthcare needs. With musculoskeletal disorders becoming increasingly prevalent due to sedentary lifestyles and aging populations, the IASTM technique offers a promising approach to effective rehabilitation. By equipping physiotherapists with advanced skills, the workshop contributes to improving the quality of care and enhancing the overall well-being of individuals.

Furthermore, the event aligns with the United Nations Sustainable Development Goals (SDGs), particularly SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education). By promoting skill development and evidence-based practices in physiotherapy, the workshop supports the goal of ensuring healthy lives and well-being for all while fostering lifelong learning opportunities for healthcare professionals.

The workshop witnessed enthusiastic participation from faculty members and students of the Physiotherapy Department. Attendees gained practical knowledge and insights into IASTM, empowering them to incorporate these techniques into their clinical practice. The event served as a platform for fostering collaboration and professional growth, leaving a lasting impact on the participants' capabilities.

The IASTM Workshop, organized by the Faculty of Physiotherapy, was a remarkable initiative that highlighted the department's commitment to advancing physiotherapy education and practice. By bridging the gap between theory and application, the event not only empowered

participants but also contributed to the broader mission of improving healthcare outcomes. Through such endeavors, the institution reaffirms its dedication to societal well-being and global sustainability goal.