IASTM COURSES AND TOOLS
The effectiveness of Instrument-assisted soft tissue mobilization technique (Ergon® Technique), cupping and ischaemic pressure techniques in the treatment of amateur athletes’ myofascial trigger points
Journal of Novel Physiotherapies, July 16, 2016
Authors: Konstantinos Fousekis, PT,BSc,MMedSci,Phd. Eleni Kounavi,PT, Symeon Doriadis,PT. Konstantinos Mylonas,PT, MSc. Elias Kalliistratos, PT,MSc,Phd. Elias Tsepis PT,BSc, MSc,Phd

The acute effects of Ergon® IASTM Therapy on superficial back myofascial chain flexibility: a comparative study regarding the site of the treatment.
Journal of Novel Physiotherapies, (under publication)
Authors: Eid Kristin,PT. Enea Tafa,PT. Konstantinos Mylonas,PT,MSc. Konstantinos Fousekis,PT,BSc,MMedSci,Phd

Treatment of the trunk and lower extremities with Ergon® IASTM Technique can increase hamstrings flexibility in amateur athletes: a randomized control study.
BJSM 2017
[(Second World Congress of Sports Physical Therapy –Optimal Loading in Sport, Belfast, 6th & 7th October 2017)]
Authors: Kristin Eid,PT, Enea Tafa,PT, Konstantinos Mylonas,PT,MSc. Pavlos Angelopoulos,PT,MSc. Elias Tsepis, PT,BSc,MSc,Phd. Konstantinos Fousekis PT,BSc,MMedSci,Phd

Treatment of shoulder myofascial trigger points in amateur athletes with Ergon® IASTM Therapy, cupping and ischaemic pressure techniques: a randomized controlled clinical trial.
BJSM 2017
[(Second World Congress of Sports Physical Therapy –Optimal Loading in Sport, Belfast, 6th & 7th October 2017)]
Authors: Kleio Manousiadou,PT, Alexandra Theofilatou,PT,Konstantinos Mylonas,PT,MSc, Evdokia Billis PT, MSc, Phd ,Elias Tsepis, PT,BSc,MSc,Phd. Konstantinos Fousekis PT,BSc,MMedSci,Phd

The effect of three different angles of application of ERGON IASTM Technique on hamstrings thermal skin responses
International Journal of Physical Medicine and Rehabilitation
Authors: Dr. Konstantinos Fousekis, PT,BSc,MMedSci,Phd Konstantinos Mylonas,PT, MSc, Pavlos Angelopoulos,PT,MSc

Case studies
Aggressive massage techniques can accelerate safe return after hamstrings strain: a case study of a professional soccer player.
Journal of sports Medicine and Doping Studies, July 30,2014
Authors: Konstantinos Fousekis, PT,BSc,MMedSci,Phd. Konstantinos Mylonas,PT. Venetia Charalampopoulou,PT

Treatment of supraspinatus tendinopathy with ERGON IASTM Technique and neuromuscular control exercises: a case study.
Journal of Novel Physiotherapies (under publication)
Authors: Dr. Konstantinos Fousekis, PT,BSc,MMedSci,Phd Konstantinos Mylonas,PT,MSc, Pavlos Angelopoulos,PT,MSc

Treatment of Adhesive capsulitis tendinopathy with Ergon IASTM Technique and stretching exercises: a case study.
J Nov Physiotherapy
Journal of Novel Physiotherapies (under publication)
Authors: Konstantinos Fousekis, PT,BSc,MMedSci,Phd Konstantinos Mylonas,PT,MSc.Pavlos Angelopoulos,PT,MSc

Short commentaries
Aggressive Musculoskeletal Physiotherapy: Should We Treat Pain with Pain?
Journal of Novel Physiotherapies, August 20, 2016
Author: Konstantinos Fousekis PT,BSc,MMedSci,Phd
2. Because ERGON Technique offers a comprehensive educational system.

ERGON TECHNIQUE is taught through a two-level educational programme, basic and advanced.
- 200 pages of training manuals for each level include both theoretical and clinical parts as well as the presentation of the method in more than 250 photos.
3. Because the ERGON Technique is trusted by high-level therapists all over the world

Over 35 Countries....
Over 1500 Providers

4. Because with ERGON TECHNIQUE you can treat effectively most musculoskeletal injuries and pathologies

A. Cervical pain syndromes
B. Thoracic pain syndromes
C. Low-back pain – sciatica
D. Nerve injuries (Carpal tunnel syndrome)
E. Tendinopathies:
   • Shoulder joint tendinopathies (Supraspinatus tendinopathies)
   • Tennis-golfers elbow
   • Hand tendinopathies (DeQuervain)
   • Achilles tendinopathies
   • Pes anserinus tendinopathies
F. Iliotibial band friction
G. Knee tendinopathies (jumpers knee)
H. Plantar fasciitis
I. Muscle strains (subacute/chronic stage)
J. Ligament sprains (remodeling phase)
K. ROM deficits (frozen shoulder, post-surgical adhesions, dupuytren syndrome)
L. Myofascial Trigger Points – Muscle spasms – Pain syndromes
M. Shin Splints
N. Upper and lower extremities bursitis

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SERBIA
SKOPJE
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SPAIN
SUDAN
SWITZERLAND
SCOTLAND
TURKEY
UK
UKRAINE
USA
5. Because when you are trained in the Ergon Technique you will be able to:

- Assess potential fascial dysfunctions,
- Approach, in a therapeutic manner, areas that cannot be easily reached by therapist’s fingers,
- Intervene on stiff tissue,
- Reduce muscle tension and spasm,
- Restore the joint range of motion within the space of a few treatment sessions,
- Produce controlled and targeted re-injury in cases of overuse injuries,
- Accelerate tissue healing by activating fibroblasts,
- Treat the majority of musculoskeletal and sports injuries,
- Apply functional rehabilitation techniques and combined techniques,
- Mobilize oedemas and hematomas resulting from sports injuries,
- Improve blood and lymph flow,
- Align healing tissues,
- Apply cross friction therapy on tendinopathies and other chronic injuries.

6. Because ERGON Technique is collaborating with universities, clinical centers and professional sports clubs.

Indicative list of collaborations:

Educational institutes with research on ERGON TECHNIQUE

Technological educational institute of Western Greece
- MSc of rehabilitation sciences (Physiotherapy path)
- Laboratory of Human performance (Is one of the basic fields of research)

European University of Cyprus
- MSc Sports Physiotherapy,
- PhD Rehabilitation Sciences

National Sports Academy Vasil Levski, Faculty of Physiotherapy, Sofia, Bulgaria
- As a Specialize course

University Of Nicosia, Cyprus
- As a Specialize course
- Research

University Usains Malaysia
- As a Specialize course

USAIN Research institute
- As a Specialize course

SOMA - Institute of Osteopathy Milan
- As a Specialize course

OSTEAS- Institute Osteopathy Serbia
- As a Specialize course

Hospitals

IASO GENERAL HOSPITAL, Athens Greece,
- Basic treatment technique
- Research

AROGI EUROMEDICA, Thessaloniki Greece,
- Basic treatment technique
- As a Specialize course

PALLADION, Center or rehabilitation, Tripoli Greece
- Basic treatment technique

Rehabilitation Centers

POLAND

1. MEDICAL CARE KATAWICE
2. CENTRUM REHABILITACJI BYTOM
3. PROFESJONALNA REGENERACJA SPORTOWA
Professional sports clubs and National teams

- Special Olympics, Greek National Team
- France National Team of Track And Field

Basketball Teams

- Panathinaikos BC, Greek National Division, Euroleague
- AEK B.C, European Champion League, Greek National Division
- Olympiacos B.C
- Korivos B.C, Greek National Division
- Rethymno Cretan Kings, Greek National Division
- National Team Of Cyprus
- Lavrion B.C, Greek National Division
- National Team of Romania
- Sepci Sfentu Giorge B.C, Romanian National Division
- Csu Cluj B.C, Romanian National Division
- Armani Milano B.C

Football Teams

- Arsenal F.C
- Bristol City F.C.
- National Team of Greece
- National Team of Cyprus
- National Team of Serbia
- National Team of Montenegro

Bundesliga Teams

- Sporting Club Bastiais
- MLADOST FC, Montenegro
- Otrant F.C, Montenegro
- Milan F.C.
- Samptoria F.C
- Mornar Bar F.C, Montenegro
- Atromitos F.C, 1st National Division of Greece
- PAS Giannena F.C, 1st National Division of Greece
- Asteras Tripolis F.C, 1st National Division of Greece
7. Because the Ergon Tools are the best IASTM Tools in the world

Designed by clinical experts for clinical experts.
Host An Ergon IASTM Course

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