



**IASTM COURSES  
AND TOOLS**



**ERGON  
TECHNIQUE**

# Why should I be trained in ERGON IASTM Technique?

## I. Because ERGON Technique is an evidence - based IASTM CONCEPT.

ERGON TECHNIQUE is referenced in physiotherapy books, as well as high quality research protocols

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 Kallistratos, 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, 6<sup>th</sup> & 7<sup>th</sup> October 2017)]  
Authors: **Kristin Eid,PT, Enea Tafas,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, 6<sup>th</sup> & 7<sup>th</sup> 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

BELGIUM  
BRAZIL  
BULGARIA  
CARIBBEAN  
CROATIA  
CYPRUS  
DUBAI  
FRANCE  
GERMANY  
GREECE  
ICELAND  
IRELAND  
ITALY  
JORDAN



MALAYSIA  
MODENEGRO  
POLAND  
PHILIPPINES  
QATAR  
ROMANIA  
RUSSIA  
SERBIA  
SKOPJE  
SLOVENIA  
SPAIN  
SWITZERLAND  
SCOTLAND  
UK  
UKRAINE

### 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)
- F. Plantar fasciitis
- G. Muscle strains (subacute/chronic stage)
- H. Ligament sprains (remodeling phase)
- I. ROM deficits (frozen shoulder, post-surgical adhesions, dupuytren syndrome)
- J. Myofascial Trigger Points – Muscle spasms – Pain syndromes
- K. Shin Splints
- L. Upper and lower extremities bursitis



## 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 than 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                           | <ul style="list-style-type: none"><li>• MSc of rehabilitation sciences (Physiotherapy path)</li><li>• Laboratory of Human performance (Is one of the basic fields of research)</li></ul> |
| European University of Cyprus   | <ul style="list-style-type: none"><li>• MSc Sports Physiotherapy,</li><li>• PhD Rehabilitation Sciences</li></ul>  |
| National Sports Academy Vasil Levski, Faculty of Physiotherapy, Sofia, Bulgaria | <ul style="list-style-type: none"><li>• As a Specialize course</li></ul>   |
| University Of Nicosia, Cyprus   | <ul style="list-style-type: none"><li>• As a Specialize course</li><li>• Research</li></ul>  |
| University Usains Malaysia  | <ul style="list-style-type: none"><li>• As a Specialize course</li></ul>   |
| USAIN Research institute  | <ul style="list-style-type: none"><li>• Research</li></ul>   |
| SOMA - Institute of Osteopathy Milan  | <ul style="list-style-type: none"><li>• As a Specialize course</li></ul>   |
| OSTEAS- Institute Osteopathy Serbia   | <ul style="list-style-type: none"><li>• As a Specialize course</li></ul>   |

#### Hospitals

- |  |  |
|--|--|
| IASO GENERAL HOSPITAL, Athens Greece, Department of physiotherapy  | <ul style="list-style-type: none"><li>• Basic treatment technique</li><li>• Research</li></ul>               |
| AROGI EUROMEDICA, Thessaloniki Greece, Department of Physiotherapy | <ul style="list-style-type: none"><li>• Basic treatment technique</li><li>• As a Specialize course</li></ul> |
| PALLADION, Center or rehabilitation, Tripoli Greece                | <ul style="list-style-type: none"><li>• Basic treatment technique</li></ul>                                  |

#### Rehabilitation Centers

- |                                       |        |
|---------------------------------------|--------|
| SALVEO                                | POLAND |
| 1. MEDICAL CARE KATAWICE              |        |
| 2. CENTRUM REHABILITACJI BYTOM        |        |
| 3. PROFESJONALNA REGENERACJA SPORTOWA |        |

COOPERANDO

GP

NO LIMITS

NOVO KINETIC

CENTRO KINETIC

EXCELLENCY CENTERS

FASZIO

CLINICAS FAMED

FISIO ACTIV

PHYSIO SPORT CENTER

### 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 Gorge 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, 1<sup>st</sup> National Division of Greece

PAS Giannena F.C, 1<sup>st</sup> National Division of Greece

Asteras Tripolis F.C, 1<sup>st</sup> National Division of Greece

Apollon Smirnis F.C, 1<sup>st</sup> National Division of Greece

GERMANY

GERMANY

GERMANY

ROMANIA

ROMANIA

UAE

GERMANY

SPAIN

SPAIN

SPAIN



AEL FC, 1<sup>st</sup> National Division of Cyprus  
Anorthosis F.C, 1<sup>st</sup> National Division of Cyprus  
Apollon FC, 1<sup>st</sup> National Division of Cyprus

#### Volleyball Teams

AEK, 1<sup>st</sup> National Division of Greece  
Elioupolis, 1<sup>st</sup> National Division of Greece  
Olympiacos 1<sup>st</sup> National Division of Greece, Challenge Cup Europe

#### Handball

National Team of Montenegro (Silver Olympic Medalist)  
National Team of Romania  
Serifato, 1<sup>st</sup> National Division  
AEK, 1<sup>st</sup> National Division of Greece  
MNE Handball Team, 1<sup>st</sup> National Division of Montenegro  
Fk Zeta, 1<sup>st</sup> National Division of Montenegro  
Whc Buducnost, 1<sup>st</sup> National Division of Montenegro

#### Futsal

All Teams of the 1<sup>st</sup> National Division of Greece

#### Polo

Olympiakos, 1<sup>st</sup> National Division of Greece

#### Martial Arts

Professional Athletes of Tae Kwon Do, Brazilian Jiu Jitsu, Kick Boxing, Boxing

#### Other Sports and International Groups

JUDO National Team of Romania  
SQUASH National Team of Romania  
Cirque De Soleil



## 7. Because the Ergon Tools are the best IASTM Tools in the world

Designed by clinical experts for clinical experts.



The F-bar



The Fascializer



The Rhino Tool

# Ergon Tools





# Host An Ergon IASTM Course

APPLY TODAY FOR AN ERGON TECHNIQUE COURSE

[www.ergontechnique.com](http://www.ergontechnique.com)



**ERGON**  
TECHNIQUE

E-mail: [info@ergontechnique.com](mailto:info@ergontechnique.com)

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