

# **Kazemizer Shark** INSTRUMENT-ASSISTED SOFT TISSUE THERAPY

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# INTRODUCTION

- Instrument Assisted Soft Tissue Therapy/mobilization (IASTM)
- Hammer et al. demonstrated reduced pain in a patient with lumbar compartment syndrome after using IASTM to apply controlled microtrauma to the affected soft tissues.
- Studies suggest that this controlled microtrauma induces healing via fibroblast proliferation, which is necessary for soft tissue healing.
- Additional studies have shown clinical efficacy using IASTM for the treatment of various disorders with painful soft tissue components.
- Augmented soft-tissue mobilization (ASTM) introduces a more controlled amount of microtrauma into an area of disarray; therefore, the response of the ligament to this microtrauma could involve increased fibroblast production and the conversion of type III to type I collagen.
- IASTM has been shown to increase the fibroblast response to produce more collagen with the controlled movement of the instruments.
- Of the clinical studies and case reports that have been conducted using IASTM, animal and human studies have evaluated the initiation of the healing cascade for lateral epicondylitis, patellar tendinopathy, rotator-cuff tendinopathy, Achilles tendinopathy, chronic ankle pain, and early and long-term healing of an acute injury to the medial collateral ligaments of rats.
- IASTM provides a method of addressing impaired arthrokinematics related to poor tissue healing and hypomobility, adhesions, and other soft-tissue restrictions proximal to the ankle joint and chronic ankle injures.

KAZEMIZER SHARK is an innovative instrument used for soft tissue therapy. It is made of surgical stainless steel to provide feed back from the tissue for detection of the adhesion and scar tissue site due to its stiffness and ability to conduct vibration caused by adhesions, fibrosis and scared tissue. As such it can be used as a diagnostic and locator for the site of adhesions and scar tissues as well as therapy.

KAZEMIZER SHARK is light and slightly longer than a regular pen; therefore, easy to handle without fatiguing the practitioner. It is easy to clean, store and even carry in your side pocket.

KAZEMIZER SHARK is made as one instrument for all body parts. The edges are all bibeveled so that it could be used in any directions and sides.

KAZEMIZER SHARK is used to break down scar tissues, adhesions, to treat trigger points and to enhance blood flow and lymphatic drainage of the injured areas.

# Kazemizer Shark Parts:



# PRINCIPLES OF TREATMENT

- 1. Assess and diagnose the condition. Use the Kazamizer to locate the area of therapy.
- 2. Warm up the tissue via exercise, or therapeutic ultrasound, or EMS/IFC and heat pack to make the collagen fibers more pliable.
- 3. Apply skin lotion such as Vaseline etc. to the area of treatment to decrease friction.
- 4. Use the Kazemizer specific part according to the area of treatment. Usually 5-10 passes would be sufficient, however, stop when the small bruising vesicles appears. Start with 4-5 passes over the area without movement and then another 4-5 passes with specific shortening and lengthening movement of the injured area.
- 5. Have the patient stretch the area.
- 6. Ice as needed basis.

# INDICATIONS

- Dense connective tissue conditions
  - Tendinopathies
  - o Sprains
  - Compartment syndromes
  - Muscle conditions
    - o Strain
    - $\circ$  MPS
- Scar tissue/adhesions
- Edema

#### **RELATIVE CONTRAINDICATIONS**

- Cancer
- Burn scars

- Renal dysfunction
- Pregnancy
- Anticoagulant medications
- Rheumatoid arthritis
- Varicose veins

#### ABSOLUTE CONTRAINDICATIONS

- Thrombophelebitis
- Uncontrolled hypertension
- Unhealed fractures
- Infections
- Open wounds/unhealed suture sites/sutures
- Myositis ossificans/Hematoma

# CAUTIONS AND RECOMMENDATIONS:

- Instrument-assisted soft tissue therapy can cause bruising. Do not continue to treat if bruising appear.
- For the best result attending an instrument-assisted soft tissue therapy course is recommended.
- The creator of the Kazemizer Shark will not be held responsible for any misuse or abuse of the device or any wrongdoing of the practitioner.

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#### UPPER LIMB PROTOCOLS FOR TREATMENT

Followings demonstrate utilization of KAZEMIZER SHARK for specific area of the body.

#### Intermetacarpal



- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with finger flexion /extension, abduction/adduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### **First Metacarpophalangeal**



- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the mouth of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with thumb abduction/adduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Second Metacarpophalangeal



- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the mouth of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with index flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Carpal tunnel



- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with wrist and fingers flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Wrist extensors/Tennis Elbow



- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with wrist flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Lateral epicondyle/Tennis Elbow

![](_page_8_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the mouth of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with wrist flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Wrist flexors/Golfer's Elbow

![](_page_9_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with wrist flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Medial epicondyle/Golfer's Elbow

![](_page_9_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the tail of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with wrist flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Triceps tendon

![](_page_10_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with elbow flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### **Biceps Brachii**

![](_page_10_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with elbow flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### **Biceps tendon/Aponeurosis**

![](_page_11_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the side mouth of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with elbow flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Deltoid

![](_page_11_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with shoulder flexion/extension (for Ant and post Delt), Shoulder abduction/adduction (for lat Delt).
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Acromioclavicular joint (AC joint sprain)

![](_page_12_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with shoulder horizontal adduction/abduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Anterior Glenohumeral Capsule

![](_page_12_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with shoulder horizontal adduction/abduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# **Pectoralis Minor**

![](_page_13_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the tail of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with shoulder internal/external rotation at 90 deg abduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### **Pectoralis Major**

![](_page_13_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with shoulder horizontal adduction/abduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Sternoclavicular joint

![](_page_14_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with shoulder horizontal adduction/abduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# **Serratus Anterior**

![](_page_14_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with shoulder protraction and retraction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Supraspinatus muscle

![](_page_15_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with shoulder abduction/adduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Infraspinatus/Teres Minor muscle

![](_page_15_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with shoulder abduction/adduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Middle Trapezius/Rhomboid Major

![](_page_16_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the fin of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with neck flexion/extension and scapular protraction/retraction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Latisimus Dorsi

![](_page_16_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with shoulder adduction/abduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Upper Trapezius/Upper Cross Syndrome

![](_page_17_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with neck lateral flexion.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### LOWER LIMB PROTOCOLS FOR TREATMENT First Metatarsophalangeal/Soccer Toe

![](_page_18_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the mouth of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with toe flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# First Metatarsophalangeal /Bunion/Hallux valgus

![](_page_18_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the mouth of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with toe abduction/adduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### First Metatarsophalangeal/Turf Toe

![](_page_19_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the side nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with toe flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Abductor Hallucis/Bunions

![](_page_19_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with toe abduction/adduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Plantar Fascia/Plantar Fasciitis

![](_page_20_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with toe abduction/adduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Achilles tendon

![](_page_20_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the tail of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with ankle flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### **Gastrocnemius Musculotendinous Junction**

![](_page_21_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with ankle and knee flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Anterior Talofibular Ligament/ Inversion sprain

![](_page_21_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with ankle flexion/extension, eversion/inversion.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Deltoid Ligament/ Eversion sprain

![](_page_22_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with ankle flexion/extension, eversion/inversion.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Lateral retinaculum

![](_page_22_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the mouth of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with ankle flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Anterior Tibialis/Anterior Shin Splint

![](_page_23_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the tail of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with ankle flexion/extension, inversion/eversion.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Fibularis muscles

![](_page_23_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with ankle inversion/eversion.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Extensor Digitorum Longus

![](_page_24_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the belly of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with ankle and toes flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Lateral Collateral ligament (LCL sprain)

![](_page_24_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the tail of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with knee flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Patellar Tendon/Jumper's Knee

![](_page_25_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the mouth of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with knee flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Medical Collateral Ligament (MCL sprain)

![](_page_25_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with knee flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Semitendinosus Tendon/Pes Anserine

![](_page_26_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with knee and hip flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Lateral Head of Gastrocnemius

![](_page_26_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the tail of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with knee flexion/extension and ankle flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Popletius

![](_page_27_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the tail of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with knee flexion/extension and tibia internal/external rotation.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Hamstrings

![](_page_27_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the belly of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with knee and hip flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# **Quadriceps Femoris**

![](_page_28_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with knee and hip flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Adductor Longus/Groin pain

![](_page_28_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the belly of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with hip adduction/abduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# TENSOR FASCIA LATA AND ITB

![](_page_29_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the belly of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with hip adduction/abduction.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### **Gluteus Medius**

![](_page_29_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the dorsal fin of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with hip adduction/abduction and internal/external rotation.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### Piriformis and hip external rotators

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the dorsal fin of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with hip adduction/abduction and internal/external rotation.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### **Gluteus Maximus**

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the back of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with hip extension/flexion.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# NECK AND BACK PROTOCOLS FOR TREATMENT

Suboccipital muscles

![](_page_31_Picture_2.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with neck flexion/extension and rotation.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### **Cervical erector spinae**

![](_page_31_Picture_10.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the belly of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with neck flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### SCM Sternoclidomastoid muscle

![](_page_32_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the mouth of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with neck rotation flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# **Spleneus Capitis**

![](_page_32_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the belly of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with neck rotation
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### **Scalene Anterior and Medius**

![](_page_33_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the side of the mouth of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with neck rotation & extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### **Scalene Posterior**

![](_page_33_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the side of the mouth of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with neck rotation & flexion.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Levator Scapulae

![](_page_34_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the side of the mouth of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with neck rotation & flexion to opposite side.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Thoracic & Lumber Paraspinals

![](_page_34_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the belly of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with lumbar flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# **Quadratus Lumborom**

![](_page_35_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the tail of the Shark at 40-50 degrees.
- 4. ¤Work on the area without movement 4-5 passes and then with back lateral flexion and rotation.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Multifidus

![](_page_35_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the tail of the Shark at 40-50 degrees.
- 4. ¤Work on the area without movement 4-5 passes and then with back flexion/extension and rotation.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# Interspinous ligament

![](_page_36_Picture_1.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with lumbar flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

#### **Dorsosacral Ligament**

![](_page_36_Picture_9.jpeg)

- 1. Warm up the area.
- 2. Apply skin lotion such as Vaseline etc. to the area of treatment.
- 3. Use the nose of the Shark at 40-50 degrees.
- 4. Work on the area without movement 4-5 passes and then with hip flexion/extension.
- 5. Stretch the area 3 x 15 seconds.
- 6. Ice if needed.

# About the author and inventor of Kazemizer Shark

Mohsen Kazemi RN, DC, FRCCSS(C), DACRB, FCCPOR(C), MSc.

![](_page_37_Picture_2.jpeg)

Dr. Kazemi graduated from CMCC in 1996 and is an Associate Professor, Clinical Education and acts as interim coordinator for the Sports Sciences Residency program. He has published in peer-reviewed journals and presented research in Taekwondo and chiropractic world-wide. He has authored the first complete book on vibration plate exercise programs, ("Vibration Plate Exercise").

He is the inventor of the VMTX Vibromax Therapeutics soft tissue technique, the Kazemizer, a portable exercise device that assists in the prevention of lactic acid build-up, and the Kazemizer Shark, an instrument used for soft tissue therapy.

He has been the appointed Alternate Chiropractor for Core Canadian Health Care Team for the Salt Lake City 2002 Winter Olympics, Manchester 2002 Commonwealth Games, Rio 2007 Pan American Games and Beijing 2008 Olympic Games; served as the Core Canadian Medical Team Chiropractor at Santa Domingo 2003 Pan American Games and Canadian Taekwondo team Chiropractor at Beijing 2008 Olympics. He was appointed Chiropractor to Mount Cypress at 2010 Winter Olympic Games, the only Canadian Chiropractor at the first Youth Olympic Games, Singapore, 2010, and Chiropractor at 2011 Pan am Games, Mexico.