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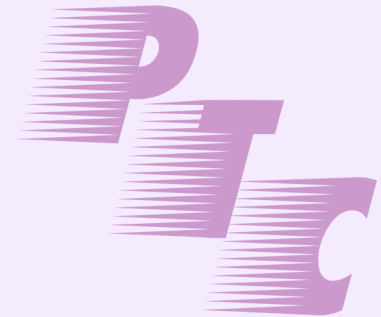
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Graston Technique

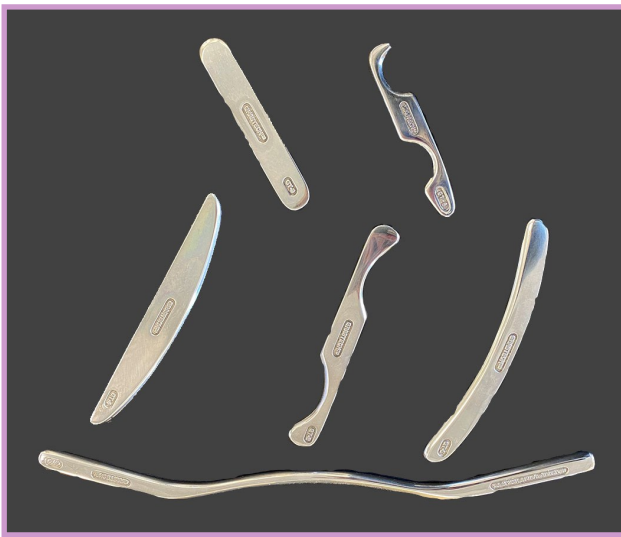


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Graston Technique...

is an advanced method of instrument-assisted soft tissue mobilization, that is combined with rehabilitative exercise to improve musculoskeletal function. It incorporates the use of six specifically designed stainless steel instruments to aid the clinician in the detection and treatment of soft tissue (skin, deeper connective tissue, and muscle) dysfunction.

HOW DO THE INSTRUMENTS WORK?

The stainless steel instruments work as they detect and amplify the feel of soft tissue restrictions to the hands.

BENEFITS OF GRASTON TECHNIQUE...

For the Therapists:

- Increased diagnostic skills
- Increased mechanical advantage (instruments as levers)
- Decreased treatment time
- Decreased clinician fatigue

For the Patient:

- Quicker, improved outcomes
- Focus on patient participation allows patient to feel more in control of management of their rehab process

ADDITIONAL INFORMATION...

- When these tissues are stuck and not moving one might experience decreased muscle strength, increased pain, and delayed healing.
- Treatment time is usually 10 minutes per body area.
- It is best to have two days in between having Graston Techniques treatments to allow the tissue to heal.
- Drink plenty of water after a Graston treatment to flush out the released toxins.
- Graston Technique yields the best results when combined with stretching and exercises to fatigue the muscles that have been worked.
- This technique is primarily used to detect and release scar tissue, adhesions and fascial restrictions to enhance functional performance.
- Continue to follow your exercise program as directed by your physical therapist after a Graston treatment.