



Jaala Schlesselman, PTA, left, earned her Physical Therapist Assistant degree from Penn Valley in May of 2011 and began working at Physical Therapy of Concordia in July of 2011. Jaala went to her first Graston Technique course in 2013 in St. Louis where she got certified in M1. Jaala has seen benefits in multiple joints and body areas that have assisted with patients gaining more range of motion, reporting less pain and being able to recover so much quicker due to adding the protocol for Graston Technique to their plan of care.

Jennifer McCaslin, PT, middle, received a Bachelor of Science Degree in Physical Therapy from Rockhurst College. She has been utilizing Graston Technique as part of treatment since 2013 when she attended her first continuing education course. This treatment is beneficial in improving tissue extensibility, increasing circulation, and decreasing hypersensitivity. PTC offers Graston Technique as an option in treatment plans of most patients.

Shelly Yount, PTA, right, she has worked in the world of therapy for many years prior to returning to school and achieving her Physical Therapist Assistant degree in 2009. Shelly went to her first Graston Technique course in August 2016 to become certified in the M1 course. Since her certification she has seen her patients progress with decreased pain complaints, improved range of motion, improved scar tissue mobility as well as decreasing hypersensitivity.

The 3 therapists are hoping to complete the remaining course, M2, soon which goes into even more depth on how to utilize the stainless steel instruments to benefit each individual patient and their injury.



Graston Technique

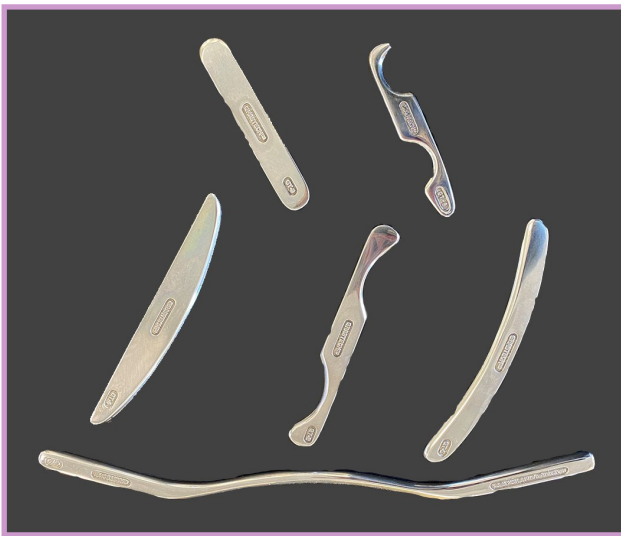


Physical Therapy
of Concordia

607 S. Main, Suite A
Concordia, MO 64020

Phone: 660-463-2588

Fax: 660-463-2589



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

For the Referral Source:

- Faster return to function
- Increased patient satisfaction
- Decreased frustration

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 fluids
- 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.