

GRASTON TECHNIQUE® (GT®)

What Graston Technique®?

Graston Technique® incorporates a patented form of instrument-assisted soft tissue mobilization that enables clinicians to effectively detect and treat scar tissue and restrictions that affect normal function.

The technique:

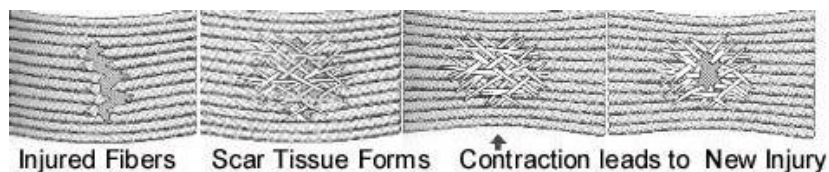
- Separates and breaks down scar tissue within and between muscles, tendons, ligaments, and surrounding soft tissues
- Increases skin temperature
- Facilitates neuro-muscular changes in a chronically tight or knotted muscle
- Increases the rate and amount of blood flow to and from the area
- Increases cellular activity at the injury region, including “fibroblasts” and “mast cells” (cells responsible for improved tissue healing).

Why is Scar Tissue a Problem?

Scar tissue limits range of motion, and in many instances causes pain, which prevents the patient from functioning as he or she did before the injury.

How is Scar Tissue Different From Other Tissue?

When viewed under a microscope, normal soft tissue (like tendons and ligaments) displays dense, regular fibers running in the same direction (parallel). When tissue is damaged, it often heals in a haphazard, irregular pattern (scarring)



How Are the Instruments Used?

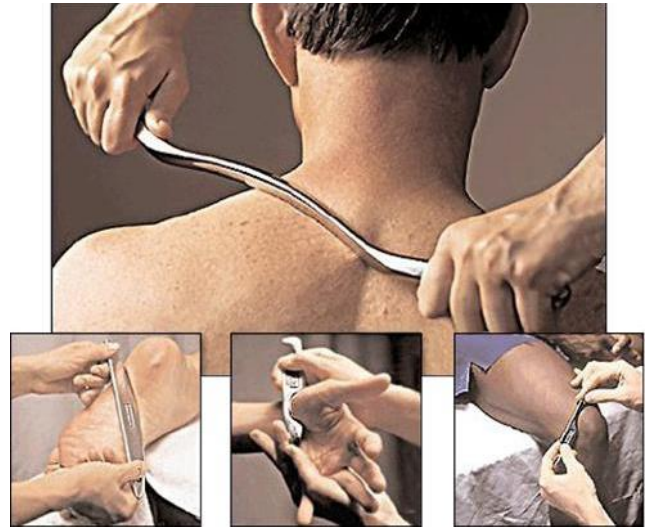
Graston Technique® instruments are used to enhance the clinician's ability to detect adhesions, scar tissue or restrictions in the affected areas. Skilled clinicians use the stainless steel instruments to comb over and “catch” on fibrotic tissue, which immediately identifies the areas of restriction. Once the tissue has been identified, the instruments are used to break up the scar tissue so it can be absorbed by the body.

Is the Treatment Painful?

It is common to experience minor discomfort during the procedure and some bruising afterwards. This is a normal response and part of the healing process.

Is GT[®] used alone?

No. Whether the injury is work or non-work related, the Graston Technique[®] protocol is the same. Our protocol includes a brief warm-up exercise, GT[®] treatment, followed by stretching, strengthening and ice.



What is the Frequency of Treatment?

Patients usually receive 2 treatments per week over 2-5 weeks. Most patients have a positive response by the 3rd or 4th treatment.

Are There Any Benefits to the Treatment?

Yes. Decreased pain, increased range of motion, improved strength, and early return to daily activities are just some of the benefits that are experienced as a result of Graston Technique[®]. This, of course, is dependent on a number of factors, including the patient's compliance to home exercise and activity modification during the healing process. It should be noted that most patients are able to continue to perform their regular functions at home or work during the treatment plan.

Where is Graston Technique[®] Utilized?

GT[®] has become part of the standard protocol in universities and hospital-based outpatient facilities such as Indiana University and the University of Michigan. The technique is also being used in industrial settings, and by NBA, NHL, and Major League Baseball trainers.