

Graston Technique



Graston Technique is an evidence-based method of instrument-assisted soft tissue mobilization. It involves the use of special, stainless-steel instruments to deliver an enhanced means of manual therapy. When combined with the appropriate therapeutic exercise, Graston Technique aids in the restoration of pain-free movement and function. It can be used to alleviate a variety of conditions, including:

- Neck pain
- Shoulder pain
- Golfer's elbow
- Tennis elbow
- Back pain
- Carpel tunnel syndrome
- Knee pain
- Fibromyalgia
- Tendinitis
- Planter fasciitis
- Post-mastectomy and Caesarean scarring
- Shin splints

Graston is used to treat soft tissue dysfunctions

What exactly is soft tissue? Located just under the skin, soft tissue is a connective membrane that envelopes and connects muscles, bones, nerves, and blood vessels. Also called fascia, it can be thought of as comparable to the pith of an orange—the white membrane between the peel and flesh of the fruit. Soft tissue can tear, resulting in soft tissue injuries, or form adhesions—fibrous bands that occur between tissues and organs. Often caused by surgery, adhesions are like internal scar tissue. Scar tissue is a problem because it can adhere soft tissue to muscle, tendons, and ligaments, restricting range of motion and increasing pain, and often has a binding or restrictive effect on your body.

How Graston works

Graston is often first used diagnostically to detect soft tissue dysfunctions, such as areas of restriction or fibrosis. The chiropractor will glide various blunt, stainless-steel Graston instruments over affected areas of the body, using the instruments to gently push tissue toward

the hand and aid the chiropractor in feeling for abnormal tissue texture.

Once the chiropractor identifies tissue dysfunctions, he or she will then use the instruments to treat the dysfunction. While Graston can be uncomfortable, it is often more comfortable than traditional manipulation done with the hands or fingertips. The treatment edges of the instruments allow the chiropractor to treat the tissue more precisely, making for a more comfortable intervention.

The technique combines the instrument-assisted manipulation with stretching and therapeutic exercise. The actual manipulation portion of the treatment generally only takes around 10 minutes.



The benefits of Graston

- Some of the benefits of Graston Technique include:
- Quicker treatment, rehabilitation, and recovery
- Reduced need for anti-inflammatory medication
- Improved diagnostic treatment
- Resolving chronic conditions thought to be permanent

Graston Technique is provided in our office by Dr. Michelle Cassells and Dr. Amrita Singh

For more information head to: <https://grastontechnique.com/>