

# GRASTON TECHNIQUE®

Graston Technique® (GT) enables our physical therapists to address scar tissue and fascial restrictions during rehabilitation. The non-invasive technique uses specially designed stainless steel instruments to identify and treat areas exhibiting soft tissue fibrosis or chronic inflammation.

GT allows a clinician to get as deep into the tissue as necessary to invoke change, yet be sensitive to patient pain and tolerance. As the instruments are moved over the affected area and come in contact with the adhesions, they break up scar tissue. In time, this process will reduce or eliminate the adhered fibers, restoring motion and eliminating pain. It will rebuild your soft tissue injury into healthy functioning tissue.

While bruising is not the intent, soreness can occur during treatment. GT clinicians are trained to recognize these symptoms and adjust treatment intensity to minimize their occurrence, while realizing the benefits of the technique. GT does not need to be considered “painful” to be effective. Please inform your clinician when you are experiencing discomfort anytime during treatment.

Patients usually receive two treatments per week during a four-to-five week period. Most patients have a positive response by the third to fourth treatment. Graston Technique® is accepted nationwide by elite athletes and everyday patients as an effective treatment for rehabilitation.



Graston Technique® is Clinically Proven to Achieve Faster and Better Patient Outcomes in Treating:

- Achilles Tendinosis/itis
- Carpal Tunnel Syndrome
- Cervical Sprain/Strain (Neck Pain)
- Fibromyalgia
- Lateral Epicondylitis/itis (Tennis Elbow)
- Lumbar Sprain/Strain (Back Pain)
- Medial Epicondylitis/itis (Golfer's Elbow)
- Patellofemoral Disorders (Knee Pain)
- Plantar Fasciitis (Foot Pain)
- Rotator Cuff Tendinosis/itis (Shoulder Pain)
- Scar Tissue



FLAGSTAFF  
**BONE & JOINT**

ORTHOPAEDIC EXCELLENCE. EXCEPTIONAL CARE.

[www.flagstaffboneandjoint.com](http://www.flagstaffboneandjoint.com)