



## Graston Technique® Home Care Instructions

### Managing Possible Side Effects

#### Bruising

The instruments used in Graston Technique® are highly effective in treating scar tissue, adhesions and other soft tissue restrictions that may produce pain and restricted motion. Since the involved tissue binds with normal tissue, it develops a blood supply. As restrictions are released from healthy tissue, bruising may occur. The larger the adhesion released, the greater the bruise. Some areas of the body that have a very rich blood supply may produce more bruising. Bruising can be controlled with the use of ice.

#### Soreness

An increase in soreness and discomfort is not uncommon after the first treatment session and is most often a positive sign that restrictions have been released. Soreness is usually minimized after 48-72 hours and can be controlled with ice and stretching.

#### Icing

When icing is recommended:

\_\_\_\_\_ Use a cold pack for more generalized areas (\_\_\_\_\_ minutes; \_\_\_\_\_ times a day).

#### Water Intake

It is recommended that you drink half your body weight in ounces of water per day. Adequate hydration is important to promote proper healing.

*Should you have any questions regarding the Graston Technique® or your home care instructions, please get in touch with us @ (270) 883-2668.*