

THE GRASTON TECHNIQUE

Here at the Day Spa we are always looking for healthy, relaxing, and beneficial treatments to enhance your life.

Just prior to being shut down in March we were preparing to introduce several new services to you. Over the next few months, we will be rolling them out here in Tech Talk, on our website and on Facebook. We think you will be as excited about them as we are! But in the meantime, they are all available.... you don't have to wait...call, ask and BOOK!

We are extremely excited about our newest massage technique known as Graston. This procedure detects and treats areas of soft tissue lesions or adhesions in muscles, tendons and ligaments that can lead to pain and dysfunction.

In the healing process, our body attempts to repair muscles, tendons, and ligaments with "scar tissue," much like the scar that forms on the skin following a cut or incision. Scar tissue tends to be weaker and less flexible than normal, healthy, undamaged tissue. Scar tissue limits range of motion and function, and in many instances causes pain.

Graston Therapy, or GT, uses specially designed stainless-steel instruments with unique treatment edges and angles to glide along a client's muscle, tendons, or ligaments. When knots or bands of scar tissue are encountered, both the therapist and the client sense a restriction or a granular feeling from the instrument.

This non-invasive therapy allows the therapist to get as deep into the tissue as necessary to "break down" the damaged tissue with minimal discomfort for the client. Over time, this process will restore motion and eliminate the pain.

The instruments enhance what the therapist's hands can feel – substantially improving the ability to detect and treat soft-tissue dysfunctions. An unaided hand is hard pressed to detect and break up as much scar tissue as the stainless-steel instruments can.

Generally, clients do not find GT painful. Occasionally there is some minor discomfort during the procedure, like during a deep tissue massage. This is normal but should be communicated to the technician.

Benefits of GT include:

- Decreases overall time of treatment
- Fosters faster rehabilitation/recovery
- Reduces need for anti-inflammatory medication
- Resolves chronic conditions thought to be permanent
- client continues to engage in everyday activities

GT can be used to treat muscular pain in almost any part of the body including the neck, shoulders, back, arms, legs, feet, wrists, feet, knees, shin splints, scarring, fibromyalgia, and more.

- *Only therapists who are trained and accredited in the Graston Technique® and own authentic Graston tools are qualified Graston Technicians.*