

# Graston Technique:

## Effective Soft Tissue Therapy

The Graston Technique is an advanced method of instrument-assisted soft tissue mobilization that helps to detect and treat scar tissue, adhesions, and fascial restrictions. Developed by David Graston, this technique utilizes specially designed stainless-steel instruments to enhance the effectiveness of manual therapy.

## How Does the Graston Technique Work?

The Graston Technique involves using unique instruments to apply targeted pressure and strokes to the affected areas. Here's how it works:

1. **Patient Positioning:** The patient is positioned comfortably to allow access to the affected area. The chiropractor assesses the patient's condition, focusing on areas with soft tissue dysfunction.
2. **Instrument-Assisted Treatment:** The chiropractor uses the Graston instruments to glide over and apply pressure to the skin. These instruments help to detect and break down scar tissue and adhesions that can restrict movement and cause pain.
3. **Therapeutic Strokes:** Specific strokes are applied with varying intensity, tailored to the patient's needs. This process helps to improve blood flow, reduce inflammation, and promote healing.

## Benefits of the Graston Technique

- **Effective Scar Tissue Breakdown:** The technique is highly effective in breaking down scar tissue and adhesions, which can improve mobility and reduce pain.
- **Enhanced Healing:** By promoting better blood flow and reducing inflammation, the Graston Technique can accelerate the healing process.
- **Versatile Applications:** It can be used to treat a variety of conditions, including tendinitis, plantar fasciitis, carpal tunnel syndrome, and more.
- **Non-Invasive:** The technique provides a non-surgical option for treating soft tissue injuries, making it a preferred choice for many patients.

## **Who Can Benefit from the Graston Technique?**

The Graston Technique is versatile and can be beneficial for a wide range of patients, including:

- Individuals experiencing chronic or acute soft tissue injuries
- Athletes looking to recover from sports-related injuries
- Patients with repetitive strain injuries, such as tendinitis or carpal tunnel syndrome
- Those suffering from plantar fasciitis, Achilles tendinitis, or other lower limb conditions
- Anyone seeking an effective non-invasive treatment for soft tissue dysfunction

## **What to Expect During Your Visit**

During your initial visit, your chiropractor will conduct a thorough examination, including a detailed history and physical assessment. Based on the findings, a customized treatment plan utilizing the Graston Technique will be created to address your specific needs.

Regular follow-up visits will monitor your progress and make necessary adjustments to your treatment plan, ensuring optimal results and long-term wellness.

If you have any questions or would like to schedule an appointment to experience the benefits of the Graston Technique, please contact us today. Our team is dedicated to providing you with the highest quality of chiropractic care in a comfortable and welcoming environment.