

GRASTON[®]

TECHNIQUE



Introduction to Graston Technique[®]

Graston Technique[®] (GT) incorporates the use of patented stainless-steel instruments to aid the clinician in the detection and treatment of soft-tissue dysfunction.



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Graston Technique[®] Instruments



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How Do the Instruments Work?

The GT instruments detect and amplify soft tissue restrictions similar to how a stethoscope amplifies the sound of the heartbeat.



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How Are the Instruments Used?

Trained clinicians use the stainless steel instruments to comb over and "catch" on fibrotic tissue, which immediately identifies areas of restriction. Once the tissue has been identified, the instruments break up the scar tissue so it can be absorbed by the body.



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GT Is Clinically Proven to Achieve Quicker and Better Outcomes in Treating:

- Achilles Tendinosis/itis
- Carpal Tunnel Syndrome
- Cervical Sprain/Strain
- Fibromyalgia
- Lateral Epicondylitis/itis
- Lumbar Sprain/Strain
- Medial Epicondylitis/itis
- Patellofemoral Disorders
- Plantar Fasciitis
- Rotator Cuff Tendinosis/itis
- Scar Tissue
- Shin Splints
- Trigger Finger
- Women's Health (Post-Mastectomy and Caesarean Scarring)

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HOW CAN THE GRASTON TECHNIQUE® TREAT FROZEN SHOULDER?



Response to Treatment

- Patients are expected to experience an immediate increase in range of motion and decrease in pain .
- Treatment, particularly of a chronic condition, may be accompanied by mild discomfort and bruising.
- Clinicians are trained to recognize and minimize bruising, and patients are advised prior to treatment.



Frequency of Treatment

Patients usually receive 2 treatments per week during a 4-5 week period. Most patients have a positive response by the 3rd or 4th treatment.



The Benefits of GT



- Separates and breaks down collagen cross-links and splays
- Stretches connective tissue and muscle fibers
- Increases skin temperature
- Facilitates reflex changes in the chronic muscle holding pattern



The Benefits of GT



- Alters spinal reflex activity (facilitated segment)
- Increases the rate and amount of blood flow to and from the area
- Increases cellular activity in the region, including fibroblasts and mast cells



The Benefits of GT



- Increases histamine response secondary to mast cell activity
- Decreases overall time of treatment
- Fosters faster rehabilitation/recovery
- Reduces need for anti-inflammatory medication



The Benefits of GT



- Resolves chronic conditions thought to be permanent
- Allows patients to continue to engage in everyday activities

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GT + Therapeutic Exercise

Immediately following GT treatment, patients are instructed in or perform the appropriate therapeutic exercises. To maximize the benefits of GT, patients also must participate in a home exercise program.

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Treatment Results

Historically, the Graston Technique® has had positive outcomes in 75-90 percent of all conditions treated. It is equally effective on restoring function to acute and chronic injuries, and pre- and postsurgical patients.



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Relative Contraindications

- Cancer
- Burn scars
- Kidney dysfunction
- Pregnancy
- Anticoagulant medications
- Rheumatoid arthritis
- Varicose veins
- Lymphedema
- RSD (Reflex Sympathetic Dystrophy)
- CRPS (Chronic Regional Pain Syndrome)
- Polyneuropathies
- Unhealed closed non-complicated fractures (soft tissue component)

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Absolute Contraindications

- Open wounds/unhealed suture sites/sutures
- Thrombophlebitis
- Uncontrolled hypertension
- Inflammatory conditions due to infection
- Contagious or infectious skin conditions
- Hematoma/Myositis Ossificans
- Osteomyelitis
- Unstable fractures

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Questions?

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