

THE GRASTON TECHNIQUE®

Instrument-Assisted Soft Tissue Mobilization



The Graston Technique is a patented form of instrument-assisted soft tissue mobilization that enables clinicians to effectively break down fibrous adhesions and fascial restrictions. The technique utilizes specially-designed stainless steel instruments to specifically detect and effectively treat areas exhibiting soft tissue fibrosis or chronic inflammation.

The Graston Technique has been effective in the treatment of:

- Carpal Tunnel Syndrome
- Cervical Pain
- De Quervain's Syndrome
- Epicondylitis
- Fibromyalgia
- IT band Syndrome
- Joint Sprain
- Lower Back Pain
- Muscle Strain
- Painful Scars
- Plantar Fasciitis
- Post Fracture Pain
- Tendonitis

The Graston Technique is:

- Changing the way soft tissue injuries are treated
- Preventing acute injuries from becoming chronic
- Reversing outcomes on conditions once thought to be chronic
- Substantiated by research



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- A large case series found that The Graston Technique reduces numbness, and increases patient functional capabilities in both ADLs (Activities of Daily Living) and in work-related function.
- A 2009 research report in JOSPT shows instrument-assisted cross-fiber treatment “accelerates” healing and knee ligaments were 43% stronger with use of instrument-assisted cross-fiber massage.
- The Graston Technique is recognized and employed by universities, including UCLA, University of Texas & Indiana University, and by professional teams including the San Francisco 49ers, St. Louis Cardinals & Miami Heat.



The Graston Technique uses a stainless steel instrument that glides along a patient’s muscle, tendons or ligaments, with the right amount of pressure to detect just where fibrous adhesions or restrictions are located.



When these fibrous adhesions are encountered, both the clinician and the patient sense a restriction, almost like a speed bump or a granular feeling.



The instrument can then be used to “break up” this restriction or adhesion. Stretching exercises are used to promote re-alignment of the fibers into the normal pattern of healthy tissue.

RESOURCES:

*Eartey BL, Carey MT, Hall A. The Graston Technique® of Instrument-assisted Soft tissue Mobilization. In: AOTA Annual Conference and Exposition; 2000 March 30 -April 2; Seattle, WA; 2000. | Sevier TL, Wilson JK. Treating lateral epicondylitis. Sports Med 1999;28(5):375-80. Carey MT, Ploski M, Sweney L. The Graston Technique® of Soft tissue Mobilization. In: APTA Combined Sections Meeting; 1999 February 3-7; Seattle, WA; 1999. Melham TJ, Sevier TL, Malinowski MJ, Wilson JK, Helfst RH, Jr. Chronic ankle pain and fibrosis successfully treated with a new noninvasive augmented soft tissue mobilization technique (ASTM): a case report. Med Sci Sports Exerc 1998;30(6):801-4. S Perte SM, PerTY DG, Carey MT. Effects of Graston Technique® on Soft tissue Conditions: A Prospective Case Series. In: WFC's 7th Biennial Congress; 2003; Orlando, FL: World Federation of Chiropractic; 2003. Loghmani MT, Warden SJ. Instrument-Assisted Cross-Fiber Massage Accelerates Knee Ligament Healing In: Journal of Orthopaedic & Sports Physical Therapy; 2009 July; 506-15.

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