



## Graston Technique®

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Access Sports Medicine & Orthopaedics has providers in all locations trained in the Graston Technique®. Graston Technique® is an instrument assisted soft tissue mobilization treatment to aide in faster rehabilitation. Specialized stainless steel tools were designed to resonate when meeting resistance in the soft tissue. It is commonly used in areas of scar tissue or adhesions. This allows the clinicians to effectively treat problem areas and can reduce pain, increase motion and improve the patient to full function after an injury or surgical procedure.

### How does the Graston Technique® work?

- Increases blood flow and tissue temperature
- Increases cellular activity (fibroblasts and mast cells)
- Increased histamine reaction
- Breaks down collagen fibers so they lay in a level and organized manner
- Stretches connective tissue



### What are some common diagnoses the Graston Technique® is used for?

- Achilles tendonitis/tendonitis
- Ankle sprains
- Carpal tunnel syndrome
- Cervical pain/sprain
- Fibromyalgia
- Hamstring strains
- Hip pain
- Iliotibial syndrome
- Lateral epicondylitis (Tennis Elbow)
- Lumbar strain/pain
- Medial epicondylitis (Golfer's Elbow)
- Patellofemoral disorders
- Plantar fasciitis
- Rotator cuff tendonitis



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### **What should I expect during my treatment sessions?**

The clinician will likely have you warm-up the tissue with gentle exercise or heat. The Graston Technique<sup>®</sup> is performed in the area of restriction and will be followed by stretching and specific strengthening exercises. The treatment session typically ends with icing of the treated area.

### **What side effects should I expect following my treatment?**

As soft tissue restrictions are being broken down during the treatment, it is normal to experience redness, minor swelling, soreness and even some bruising. The soreness should dissipate within 48-72 hours. Icing, stretching and staying hydrated will help with the healing process.

The Graston Technique<sup>®</sup> is a clinically proven method for faster healing times and improving function of both chronic and acute injuries. For more information you can speak with any of our clinicians or go to [www.grastontechnique.com](http://www.grastontechnique.com).

