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Chiropractic - Acupuncture - Massage - Nutrition

The Graston Technique

At Advanced Wellness & Sports Rehab, we use many different physical methods to **treat soft tissue injuries**.

Graston technique uses a specific hands-on technique with massage-type motions applied to muscles, tendons, ligaments and fascia in order to break down adhesions.

An adhesion is the *body's attempt to heal* a soft tissue injury that results in long strands of collagenous **scar tissue**. This scar tissue grows in random directions and can pull against one another and *doesn't contract and relax smoothly* like normal soft tissues...**this leads to pain and a reduced range of motion**.

The Graston technique is an *instrument-assisted soft tissue mobilization technique* that has seen great results in many different populations including with **school-aged and high school athletes, desk jockeys** (people who work at a desk all day) and **professional athletes - and everybody in between**.

The Graston technique not only helps with chronic pain and scar tissue but has also been proven to reduce overall time of recovery from acute soft tissue injuries as well.

Repeated treatments have even **helped patients find relief** from the effects of the following conditions:

- Neck pain, low back pain, headaches
- Shin splints
- Plantar fasciitis/fasciosis (heel pain)
- Achilles tendonitis/tendinosis
- Fibromyalgia
- Tennis elbow and golfer's elbow
- Carpal tunnel syndrome

A treatment with the **Graston technique shouldn't be painful**, this is a common misconception from patients who have had Graston with another provider.

Patients have described a minor discomfort during treatment, slight soreness afterwards and maybe occasional light bruising (fairly rare). Most people say Graston is a "*hurts-so-good*" -type of pain.

Light stretching and icing after the first couple of treatments are recommended if discomfort continues.

The number of treatment sessions will depend on the patient and condition, but the Graston technique is a **safe, non-invasive treatment** for scar tissue and various soft tissue injuries.

If you would like to **learn more** or if you have any questions, please contact us at: **763-291-0202**