

What is Graston Technique?

By Dr. Sarah Thorne



The Graston Technique is an instrument-assisted, soft tissue mobilization therapy. It is beneficial in breaking up fascial restrictions, scar tissue adhesions, and detecting areas of chronic inflammation and/or fibrosis. Graston has been known to help conditions such as a cervical sprain/strain, tennis elbow and golfer's elbow, lumbar sprain/strain, rotator cuff tendinosis, and even Achilles tendinosis.

Graston Technique breaks up scar tissue, tight muscle and fascia, which increases the range of motion. It also increases the blood flow to that area, increasing oxygen to those affected fibers as well as fibroblasts to increase healing of the connective tissue. GT-trained clinicians use GT instruments to effectively and efficiently address soft tissue lesions and fascial restrictions while treating acute and chronic conditions.

What are common reasons patients get treated with the Graston Technique®?

- Tight neck and shoulders from sitting at a desk for long periods of time
- Headaches
- Plantar Fasciitis
- Back and shoulder pain from sports and exercise, such as repetition of a golf swing
- Fibromyalgia (chronic muscle pain and fatigue)
- Tennis or golfer's elbow
- Scars from previous injury or surgery
- Knee pain, tight quad muscles
- Foot pain, when walking or running
- Pain in the body from previous tendon tears or joint inflammation
- Shin Splints, pain in the lower legs with activity
- Low back or mid back pain from a previous car accident
- Women's Health (post-mastectomy and Caesarean scarring)

Graston Technique® can be used to treat any movement dysfunction/problem that has a soft tissue component, (Muscle, tendon, ligament, fascia).