

# graston FAQ

## **What is the Graston Technique®?**

The Graston Technique incorporates a patented form of instrument-assisted soft tissue mobilization that enables clinicians to effectively detect and treat scar tissue and restrictions that affect normal function.

The Technique:

- \* Separates and breaks down collagen cross-links, and splays and stretches connective tissue and muscle fibers
- \* Facilitates reflex changes in the chronic muscle holding pattern
- \* 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
- \* Increases histamine response secondary to mast cell activity

## **How are the instruments used?**

The Graston Technique instruments are used to enhance the clinician's ability to detect adhesions, scar tissue or restrictions in the affected areas. Skilled clinicians use the stainless steel instruments to comb over and "catch" on fibrotic tissue, which immediately identifies the areas of restriction. Once the tissue has been identified, the instruments are used to break up the scar tissue so it can be absorbed by the body.

## **Is Graston Technique used alone?**

No. Whether the injury is work or non-work related, the Graston Technique Protocol is the same. Our protocol includes a brief warm-up exercise, Graston Technique treatment, followed by stretching, strengthening and ice. Patients usually receive two treatments per week over 4-5 weeks. Most patients have a positive response by the 6th to 8th treatment.

## **Are there any benefits to the treatment?**

Yes. Most patients are not disabled and continue to perform their regular functions at home or work. Graston Technique gives back the control that is often lost when injury strikes.

## **Is Graston Technique something new?**

The concept of cross fiber massage is not new. Graston Technique is grounded in the works of English orthopedist James Cyriax. The use of our specially designed instruments and protocol is new. Graston Technique has become standard protocol in universities and hospital-based outpatient facilities, industrial on-site treatment settings such as Indiana University and the University of Michigan. The technique is also being used at industrial settings and by NBA, NHL and Major League Baseball trainers.

## **What kind of results does Graston Technique produce?**

Historically, the Graston Technique has resolved 87% or more of all conditions treated. It is equally effective on restoring function to acute and chronic injuries, and pre and post surgical patients.