



927 Menoher Blvd. · Johnstown, PA 15905  
[www.westerpasportsmed.com](http://www.westerpasportsmed.com)

**FOR IMMEDIATE RELEASE**

**News Media Contact:**  
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**Terry Aman, MS, PT, ATC  
Completes Graston Technique®  
(TREATS SCARS, ADHESIONS AND MUSCLE INJURIES)**

**JOHNSTOWN, PA** – Western PA Sports Medicine and Rehabilitation Clinic is pleased to announce that Terry Aman, MS, PT, ATC recently completed Graston Technique® M1-Basic Training and is now treating patients with GT at our Richland clinic, located at 1253 Scalp Avenue, Johnstown, PA 15904.

Graston Technique® is a unique, evidence-based form of instrument-assisted soft tissue mobilization that enables clinicians to effectively and efficiently address soft tissue lesions and fascial restrictions resulting in improved patient outcomes.

The technique uses specially-designed stainless steel instruments with unique treatment edges and angles to deliver an effective means of manual therapy. The use of the GT instruments, when combined with appropriate therapeutic exercise, leads to the restoration of pain-free movement and function.

The Technique also:

- Improves diagnostic treatment
- Increases patient satisfaction by achieving notably faster and better outcomes
- Speeds rehabilitation and recovery
- Reduces the need for anti-inflammatory medication
- Allows the patient to continue to engage in everyday activities

The instruments are not meant to replace a clinician's hands, but to complement them. Historically, the Graston Technique® has had positive outcomes in 75-90 percent of all conditions treated. It is equally effective in restoring function to acute and chronic injuries, and pre- and post-surgical patients.

“Graston Technique® can be used to treat any movement system dysfunction that has been determined to have a soft tissue component,” said **Aman**.

More than 22,650 clinicians, 2,700 outpatient facilities, 77 industrial sites and 384 professional and amateur sports organizations worldwide offer the Graston Technique®. GT is part of the curriculum at more than 45 respected colleges and universities. Trainers and clinicians at these organizations are treating elite athletes, patients and employees every day to get them injury free to function at the highest level.

The Technique provides patients with a new option in the treatment of musculoskeletal complaints. For further information, contact **Terry Aman, MS, PT, ATC** at 814-269-9606.

For more information, go to [GrastonTechnique.com](http://GrastonTechnique.com).

The Graston Technique® instruments, while enhancing the clinician's ability to detect and address fascial adhesions and restrictions, have been clinically proven to achieve quicker and better outcomes in treating both acute and chronic conditions, including:

- Achilles Tendinitis/osis (ankle pain)
- Carpal Tunnel Syndrome (wrist pain)
- Cervical Sprain/Strain (neck pain)
- Fibromyalgia

**(more)**



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- Lateral Epicondylitis/osis (tennis elbow)
- Lumbar Sprain/Strain (back pain)
- Medial Epicondylitis/osis (golfer's elbow)
- Patellofemoral Disorders (knee pain)
- Plantar Fasciitis/osis (foot pain)
- Rotator Cuff Tendinitis/osis (shoulder pain)
- Scar Tissue
- Shin Splints
- Trigger Finger
- Women's Health (post-mastectomy and Caesarean scarring)

Making regular physical activity a part of your healthy lifestyle is a great way to enhance your living and life to be healthy and stay active!

Based out of Johnstown, PA, Western Pennsylvania Sports Medicine and Rehabilitation Clinic Inc. is locally owned and operated. Western PA Sports Medicine and Rehabilitation Clinic has been providing physical therapy services for over 20 years with a professional staff that has over 75 combined years of experience. With free transportation to five convenient locations in Somerset and Cambria Counties, Western PA Sports Medicine and Rehabilitation Clinic offers effective therapy by experienced professionals. For additional information on Western PA Sports Medicine and Rehabilitation Clinic, please contact us at 814-255-6814 or visit us online at [westernpasportsmed.com](http://westernpasportsmed.com).