

Improving Injury Treatment and Rehabilitation



**Faster and Better
Patient Outcomes**





Soft tissue injuries can be debilitating. Discover how an instrument can help you enjoy life again.

Graston Technique® (GT) enables physical and occupational therapists, chiropractors, athletic trainers and hand therapists to address scar tissue and fascial restrictions during rehabilitation. The non-invasive technique uses specially designed stainless steel instruments to identify and treat areas exhibiting soft tissue fibrosis or chronic inflammation.

GT allows a clinician to get as deep into the tissue as necessary to invoke change, yet be sensitive to patient pain and tolerance. As the instruments are moved over the affected area and come in contact with the adhesions, they break up scar tissue. In time, this process will reduce or eliminate the adhered fibers, restoring motion and eliminating the pain associated with it. It will rebuild your soft tissue injury into healthy functioning tissue.

While bruising is not the intent, soreness can occur during treatment. GT clinicians are trained to recognize these symptoms and adjust treatment intensity to minimize their occurrence, while realizing the benefits of the technique. GT does not need to be considered “painful” to be effective. Please inform your clinician when you are experiencing discomfort anytime during treatment.

Patients usually receive two treatments per week during a four-to-five week period. Most patients have a positive response by the third to fourth treatment.

Graston Technique® is accepted nationwide by elite athletes and everyday patients, as the most effective treatment for rehabilitation. Contact your health care provider today to find out if you can benefit from GT.



Graston Technique® is Clinically Proven to Achieve Faster and Better Patient Outcomes in Treating:

- Achilles Tendinosis/itis
- Carpal Tunnel Syndrome
- Cervical Sprain/Strain (Neck Pain)
- Fibromyalgia
- Lateral Epicondylitis/itis (Tennis Elbow)
- Lumbar Sprain/Strain (Back Pain)
- Medial Epicondylitis/itis (Golfer's Elbow)
- Patellofemoral Disorders (Knee Pain)
- Plantar Fasciitis (Foot Pain)
- Rotator Cuff Tendinosis/itis (Shoulder Pain)
- Scar Tissue
- Shin Splints
- Trigger Finger
- Women's Health (Post-Mastectomy and Caesarean Scarring)

Patients Comment About the Effectiveness of Graston Technique®

“ My trainer uses Graston (Technique) tools... ”

– **Michael Phelps**

*Olympic Swimmer: 2000, 2004, 2008, 2012
Details magazine, August 2012*

“ Graston Technique® was used to relieve and eliminate plantar fasciitis, soleus and gastrocnemius caused by excessive backpedaling, planting and sprinting forward while officiating NFL games. When my symptoms recurred after normal therapy, my physical therapist and athletic trainer suggested GT. Without a doubt, the recovery accelerated, the pain diminished within days, and the tendons and muscles were allowed to be stretched and strengthened to eliminate recurrences. ”

– **John Parry**
NFL Referee
Akron, OH

“ Even though the stainless steel tools look unusual, the Graston Technique® has brought me much relief. It has increased my range of motion and decreased the inflammation and pain that I've experienced. GT has sped up the recovery time for every one of my injuries. ”

– **Noemy Clayborn**
26-time Marathon Finisher and Ultra-Runner
Atlanta, GA

“ I had atrophy and numbness from scar tissue on my right pectoral muscle. I tried everything else and recently began receiving Graston Technique® from my physical therapist. I love it. The pump and function is returning to my muscle. I am getting my symmetry back, as well. Thanks so much. ”

– **Brian Linderson**
U.S. Naval Station
San Diego, CA

Questions about
Graston Technique®?

Ask us!

Graston Technique® is recognized and used:

In Leading Colleges and Universities

Indiana University
Baylor University
Logan College of Chiropractic
Louisiana State University
Northwestern Health Sciences University
Ohio State University
Oklahoma State University
Texas Chiropractic College
University of Colorado
University of Indianapolis
University of Kansas
University of North Carolina
University of Oregon
University of South Carolina
University of Wisconsin
– Eau Claire
West Virginia University

By Leading Health Care Providers

Athletico
ATI Physical Therapy
Community Health Network
Duke University Medical Center
Essentia Health
Intermountain Healthcare
Jacksonville Orthopedic Inst.
Kaiser Permanente
NovaCare Rehabilitation
Ortho Tennessee Therapy
OSI Physical Therapy
Physiotherapy Associates
Select Medical Corporation
St. Luke's Physical Therapy
Summa Health Systems
Tuality Healthcare

In Industry and Entertainment

Boston Ballet
Cirque du Soleil
Disneyland Entertainment
Naval Special Warfare Groups
Frito Lay
Toyota Family Health Center
U.S. Airforce
U.S. Army
U.S. Navy
VA Medical Center

By Professional Sports Teams

Atlanta Falcons
Boston Celtics
Chicago White Sox
Cleveland Cavaliers
Denver Nuggets
Houston Texans
Indianapolis Colts
Los Angeles Angels
Miami Heat
New England Patriots
New England Revolution
New York Giants
New York Knicks
New York Yankees
Philadelphia 76ers
Pittsburgh Steelers
PGA Tour
St. Louis Cardinals
Texas Rangers
Tennessee Titans
Toronto Maple Leafs
U.S. Soccer
Utah Jazz
Washington Redskins

By Amateur Sports Teams

Brigham Young University
Concordia University
– Wisconsin
Dartmouth College
DePauw University
Duke University
Florida State University
Harvard University
Indiana University
Marquette University
Michigan State University
Purdue University
Texas A&M University
Texas Tech University
Texas Woman's University
UCLA
University of Alabama
University of Colorado
University of Iowa
University of Kansas
University of North Carolina
University of Oregon
University of Massachusetts
University of Michigan
University of Minnesota
University of North Carolina
University of Tennessee
University of Texas
University of Tulsa
University of Washington
University of Wisconsin
USA Volleyball
U.S. Olympic Training Centers
Wabash College
Wake Forest University
Washington State University
Wichita State University

For a complete list, please visit the GT website.

GRASTON®

T E C H N I Q U E

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