

Services

Graston Technique

Patients suffering with soft tissue fibrosis or chronic inflammation are treated effectively with the Graston Technique[®], an evidence-based form of instrument assisted soft tissue mobilization. It helps physical therapists to address restrictions caused by scar tissue and fascial problems.

This therapy uses specially-designed stainless steel instruments, along with prescribed therapeutic exercises, to find and treat areas exhibiting soft tissue or chronic inflammation.

The instruments can also be used by the therapists to follow the kinetic chain and locate and treat the root cause of the problem as well as the specific area where the pain is most prominent.