

Having a soft tissue injury can be exhausting and fatiguing in so many ways. It can take away from your activities of daily living for a number of days or even months because the healing process is too slow. Have you ever wondered if there is a faster way to recovery then simply resting and icing? The Graston Technique® is becoming one of the fast growing instrument-assisted soft tissue mobilization (IASTM) treatments worldwide that may aid to achieve a faster and better patient outcome in treating. The term may be one that many are not very familiar with, but is one that may be the game changer when it comes to effectiveness.

Graston Technique® (GT) is an evidence-based method that is combined with strengthening exercises to improve the musculoskeletal function. Stainless steel instruments are used to assist the clinician in detecting and developing a treatment of most soft tissue dysfunctions. The GT instruments aid the clinician to amplify the feel of soft tissue restrictions that a bare hand may not detect.

GT allows the clinician to get as deep into the tissue as needed to promote change considering the patient's pain and sensitivity. As clinicians, the optimal outcome we are aiming to reach is tissue repair. Reducing the amount of adhered fibers and restoring motion along with eliminating pain is the objective. Increased pressure to the tissue (depending on the patient's tolerance) allows for fibroblast production, which then creates collagen, the most abundant protein in your body. Since scar tissue is being broken down during treatment, strengthening exercises are very important to build up stronger tissue.



GT clinicians must go through trainings in order to perform a Graston Technique® treatment. There are parameters that must be learned such as stroke rate, intensity, frequency, duration, stroke distance, and direction. The clinician must also know the treating angles and edges of the 6 stainless steel instruments. Many different strokes are demonstrated, practiced, and intended for different areas of the body with the same objective.

Now that you have a basic background of the Graston Technique® treatment, let's discuss what to expect during a treatment session. There are contraindications that must be considered. Talk to your health care provider for a list of those if you may have any concerns. Patients are recommended at least 2 treatment sessions per week during a 4-5 week period depending on the severity of the injury. Most patients have a positive response after 3-4 treatments. There may be some discomfort or soreness during and after treatment but bruising is never the intent. Clinicians are trained to recognize the treatment intensity and adjust to the patient's needs. If the patient is experiencing discomfort we highly recommend them to inform us immediately to modify appropriately.

Some of the common conditions that GT clinicians treat are plantar fasciitis, scar tissue, tendinopathies, and ligament sprains. If you have any concerns/questions or would like to know if you can benefit from GT, contact your local health care provider to find out.

Please contact us at Primary Therapy Source to see one of our Graston Trained Specialists (208)734-7333.



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