

Graston Technique

About the Graston Technique®

Changing the way soft tissue injuries are treated

Graston Technique® is an interdisciplinary treatment used by nearly 5000 clinicians—including athletic trainers, chiropractors, hand therapists, occupational and physical therapists.

GT is utilized at some 550 out-patient facilities and industrial on-sites, by more than 90 professional and amateur sports organizations, and is part of the curriculum at 21 respected colleges and universities.

[Out Patient Facilities](#)
[Companies/Industry](#)
[Schools and Universities](#)
[Sports Organizations](#)

For the clinician:

- Provides improved diagnostic treatment
- Detects major and minor fibrotic changes
- Reduces manual stress; provides hand and joint conservation
- Increases patient satisfaction by achieving notably better outcomes
- Expands business and revenue opportunities

For the patient:

- Decreases overall time of treatment
- Fosters faster rehabilitation/recovery
- Reduces need for anti-inflammatory medication
- Resolves chronic conditions thought to be permanent
- Continues to engage in everyday activities

For employers and the healthcare industry:

- Allows patients to remain on the job
- Reduces the need for splints, braces and job-site modifications
- Contributes to reduction of labor and healthcare costs, direct and indirect

[See what experts and researchers have to say about the Graston Technique®](#)

"The Graston Technique® Instruments allow a deeper, more sensitive palpation and treatment of fibrotic restricted tissue."

—Warren I. Hammer, MS, DC, DABCO



Six stainless steel instruments form the cornerstone of Graston Technique®

The curvilinear edge of the patented Graston Technique® Instruments combines with their concave/convex shapes to mold the instruments to various contours of the body. This design allows for ease of treatment, minimal stress to the clinician's hands and maximum tissue penetration.

The Graston Technique® Instruments, much like a tuning fork, resonate in the clinician's hands allowing the clinician to isolate adhesions and restrictions, and treat them very precisely. Since the metal surface of the instruments does not compress as do the fat pads of the finger, deeper restrictions can be accessed and treated. When explaining the properties of the instruments, we often use the analogy of a stethoscope. Just as a stethoscope amplifies what the human ear can hear, so do the instruments increase significantly what the human hands can feel.

Clinical Applications of the Patented GT Instruments

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



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| Cervical sprain/strain
(neck pain) | Lumbar sprain/strain
(back pain) |
| Carpal Tunnel
Syndrome
(wrist pain) | Plantar Fasciitis
(foot pain) |
| Lateral Epicondylitis
(tennis elbow) | Medial Epicondylitis
(golfer's elbow) |
| Rotator Cuff Tendinitis
(shoulder pain) | Patellofemoral
Disorders
(knee pain) |
| Achilles Tendinitis
(ankle pain) | Fibromyalgia |
| Scar Tissue | Trigger Finger |
| Shin Splints | |