

SCHEDULE TODAY

- 25 minute sessions on one body area
- Must be approved with your physical therapy team before scheduling appointment
- Provided by AnnaRose Williams, Physical Therapist Assistant (PTA) and Certified Graston Provider (CGP)

Self-Pay Encouraged

\$30 per session



WHAT IS GRASTON TECHNIQUE?

Introduction & Information

IMPROVING FUNCTION & MOTION

The Graston Technique (GT) is an Instrument Assisted Soft Tissue Massage (IASTM) which uses stainless steel instruments to gently break down scar tissue.

This scar tissue can build up over time, causing pain by limiting the range of motion of our muscles and joints, and in some cases entrapping nerves.

During this non-invasive procedure, both the patient and the clinician can feel where there are restrictions in the tissue. This area is then gently mobilized with the instrument until little to none of the granular tissue is felt.



BENEFITS

Most patients will see an improvement in motion and reduction of pain immediately following their initial session. It also increases blood flow to the area, providing vital nutrients to speed up the natural recovery process.

This technique, along with the exercises and stretching protocols provided by your physical therapy team, can get you back to feeling better sooner.

You may have some lingering redness or slight soreness, but bruising does not normally occur.



FREQUENCY

To gain the full benefits of the patented technique, it is best to do 1-2 sessions per week, for 4-6 weeks. The frequency is ultimately up to you, and more or less sessions may be needed to attain optimal muscle and joint function.

Sessions can be done on the same day as your scheduled physical therapy if approved by your team, or by itself on a separate day.

Any body area can be treated, but must have already been evaluated by your physical therapist.

CONTRAINDICATIONS

GT should not be used if the following conditions are present:

- Uncontrolled or High Blood Pressure
- Open Wounds
- Hemophilia
- Compound or Healing Fracture
- Renal/Kidney Issues
- Active Pregnancy or immediately after childbirth
- Tumor or Active Malignancy depending on location
- Osteomyelitis
- Myositis Ossificans