As part of our Physical Therapy Division, we offer to you and your patients the Graston Technique.

**What is Graston Technique?**

Graston Technique is a soft tissue mobilization technique utilizing specially designed tools to assist athletes and individuals with their injuries. This technique allows our therapists at Leading Edge Physiotherapy to perform soft tissue mobilization that we previously performed only with our hands. Utilizing a stainless steel tool with different bevels and designs has an advantage as the tools conform to the tissue better than our hands. The tools also carry a “different” sensation back to the clinician allowing us to better diagnose and find restrictions (a.k.a. scar tissue) that can lead to dysfunction in muscles, ligaments, tendons and connective tissue.

Scar tissue and adhesions prevent the fluid movement of muscle, tendon, ligament and fascia. As the Graston instrument glides over the adhered tissues, the stainless steel tool will reverberate the feeling in our hands. Like a stethoscope amplifies sounds of the heart, the Graston tools assist us in finding the exact areas of restriction. They help us to break down the scar tissue, and over time this process will reduce or eliminate the adhered fibers, restore function and decrease pain.

Depending on the treatment plan designed for you, the Graston Technique is used in conjunction with other techniques, modalities and exercise. Your treatment plan, designed with your treating physiotherapist and based on your assessment and goals, will be specifically tailored to you and the nature of your injury.

We can apply varying amounts of pressure and different techniques with the tools to:

- Increase the flow of blood, bringing the good stuff (i.e. oxygen, platelet derived growth factor) to the injured or dysfunctional area.
- Reduce areas of sensitivity – those areas that are very sensitive or tender.
- Break down areas of restriction, “stickiness,” in the soft tissues of the body.
- Ultimately we are attempting to break down barriers that allow full and normal movement of the tissue.

Many conditions can be treated by this technique. They include but are not limited to:

- Headaches and Migraines
- Whiplash injuries
- Neck pain from strains, degenerative changes or joint dysfunctions
- Jaw “TMJ” pain
- Thoracic pain (Upper back such as between the shoulder blades)
- Lower back pain
- Lumbar strains, degenerative changes, discogenic or facet dysfunctions
- Groin and Hamstring pain/tightness
- Quadricep pain/tightness
- Plantar fasciitis (Heel pain)
- Ankle, knee, wrist, elbow sprains and strains
- TENDINOSIS – Achilles, rotator cuff, patellar etc.
- Tennis and Golfer’s elbow
- Acute and chronic sports injuries

At Leading Edge all of our Graston practitioners have undergone extensive post-graduate training in soft tissue injury management.

Since the Graston Technique at our facility is performed by registered physical therapists, treatments are eligible for reimbursement by 3rd party insurance with physiotherapy benefits.

We are pleased to provide the research. Contact us at: info@leadingedgephysio.com