

Graston Technique®

Simple Technology Improving Injury Treatment & Rehabilitation

What is Graston Technique?

It's a patented form of **instrument assisted soft tissue mobilization (IAST)** which allows clinicians to effectively detect and treat scar tissue & restrictions. It is grounded in the works of Dr. James Cyriax, an Orthopedic surgeon.

What is the Technique used for?

Graston Technique breaks down collagen cross links, splays and stretches connective tissue and muscle fibers, increases skin temperature, helps alter reflex changes in chronic muscle holding patterns, increases the rate and amount of blood flow to and from the area, increases cellular activity (fibroblasts and mast cells), and increases histamine response (secondary to mast cell activity)



Common conditions treated:

- *Achilles tendinitis*
- *Ankle sprain*
- *Plantar Fasciitis*
- *Patellar Femoral Syndrome*
- *Cervical Pain*
- *LBP*
- *Fibromyalgia*
- *Hip pain*
- *Hamstring strain*
- *Lateral/Medial Epicondylitis*
- *Rotator cuff tear*
- *Adhesive capsulitis*
- *Carpal tunnel syndrome*
- *Wrist tendinitis*
- *Scar pain*

**To find out if Graston Technique is right for you, contact
Dr. Maria Davidovic at 416.906.0767**



Graston Tools – stainless steel

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What is Scar tissue?

It is damaged tissue which heals in a haphazard pattern (scarring) that results in a restricted range of motion. It can cause pain which prevents the return to optimal functioning prior to injury

How are the instruments used?

- ✓ The tools are used to help the clinician detect adhesions/scar tissue/or restrictions in the tissues
- ✓ Break up the scar tissue to be absorbed by the body

Minor discomfort during treatment and some bruising may occur after, which is a normal response and part of the healing process

Who uses Graston Technique?

- ✓ Hospital based outpatient facilities
- ✓ Onsite treatment in Indiana University and University of Michigan
- ✓ NBA, NHL and Major league Baseball trainers
- ✓ Chiropractors

The technique is equally effective in restoring function in acute and chronic injuries, pre and post-surgical intervention