Graston Technique®
Changing the way soft tissue is treated

PTA 236 Seminar II
In-service Presentation
By Michele Kersman
Graston Technique®

- An innovative, patented form of instrument-assisted soft tissue mobilization

- The technique utilizes specially designed stainless steel instruments
Graston Technique®

- These instruments enable the clinician to specifically detect and effectively treat soft tissue dysfunctions:
  - Scar Tissue
  - Fascial restrictions
  - Soft tissue fibrosis
  - Chronic Inflammation

- These dysfunctions cause:
  - Pain
  - Limited range of motion (ROM)
  - Decreased performance in activities of daily living (ADL’s)
Graston Technique®

- Graston Technique® is used by more than 16,000 clinicians worldwide
  - Physical Therapist
  - Occupational Therapist
  - Hand Therapists
  - Chiropractors
  - Athletic trainers

- Graston Technique®
  - 1,550 outpatient facilities
  - 234 professional and amateur sports organizations
  - Part of the curriculum at 54 respected colleges and universities
Graston Technique® History

- The Graston Technique®, researched at Ball Memorial Hospital and Ball State University in Muncie, Indiana

- Conceived by an athlete who suffered a debilitating knee injury while water skiing

- Frustrated at the lack of rehabilitation progress following surgery and conventional therapy, he applied his professional background in machining to create the initial Graston Technique® instruments to treat his soft tissue injury
Graston Technique®

- Six stainless steel instruments form the cornerstone of Graston Technique®
  - Instruments cost $2755.00

- 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.

The metal surface of the instruments does not compress as do the fat pads of the finger, deeper restrictions can be accessed and treated.
Graston Technique®

• Just as a stethoscope amplifies what the human ear can hear, so do the instruments increase significantly what the human hands can feel.
Graston Technique®

- http://www.youtube.com/watch?v=pUYKIS3Ty8A&feature=em-share_video_in_list_user&list=UU964FfAJyjb_-pTnjIl4Amg

- Separates and breaks down collagen cross-links, and splays and stretches connective tissue and muscle fibers

- Facilitates reflex changes in the chronic muscle holding pattern

- Alters spinal reflux activity (facilitated segment)
Graston Technique®

- Increases the rate and amount of blood flow to and from the area
- Increases skin temperature
- Increases cellular activity in the region, including fibroblasts and mast cells
- Increases histamine
Graston Technique®

Patient Population
- Children
- Adults
- Elderly
Clinical Applications

- Cervical sprain/strain
- Lumbar sprain/strain
- Carpal Tunnel Syndrome
- Medial & Lateral Epicondylitis
- Compartment Syndrome
- De Quervain's Tenosynovitis (Trigger Finger)
- Rotator Cuff Tendinosis
- Patellofemoral Disorders
- Achilles Tendinosis
- Shin Splints
- Fibromyalgia
- Scar Tissue
Graston Technique® for Scar Tissue

- Scar tissue is the result of damaged that heals in a haphazard pattern (scarring)
- Scar tissue limits range of motion
- Scar tissues often causes pain, which prevents the patient from functioning as he or she did before the injury

Graston Technique® Treatment

- It is common to experience minor discomfort during the procedure and some bruising afterwards. This is a normal response and part of the healing process.

- Treatment protocol includes a brief warm-up exercise, Graston Technique® treatment, followed by stretching, strengthening and ice.
Graston Technique® Treatment

- Patients usually receive two treatments per week over 4-5 weeks. Most patients have a positive response by the 3rd to 4th treatment.

- Most patients are not disabled and continue to perform their regular functions at home or work.
Documentation: Subjective and Objective

- Visual Analog Scale
- Verbal Pain Scale
- Patient reported ratings of symptom severity
- Patient reported ratings of functional status
- Goniometric ROM
- DASH (Disabilities of the Arm, Shoulder, and Head)
- LEFS (Lower Extremity Functional Scale)
- Other objective testing and assessment measurement tools
Graston Technique® Research

- Treatment of a Case of Subacute Lumbar Compartment Syndrome Using the Gaston Technique

- Result: Restoration of fascial extensibility and resolution of low back pain occurred after 6 treatments

Graston Technique® Research

- Conservative Management of De Quervains’ Stenosing Tenosynovitis: A Case Report

- Results: Resolution of wrist pain and return to ADL’s in 8 weeks utilizing Graston Technique® combined with activity modification and eccentric training

- [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3364060/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3364060/)
Graston Technique® Research

• Most published research is in the form of case studies

• Clinical evidence based research is needed

• Michele’s Plantar Fasciitis: A Personal Case Study
### Graston Technique® Benefits

<table>
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<tr>
<th>Clinician</th>
<th>Patient</th>
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<tbody>
<tr>
<td>• Provides improved diagnostic treatment</td>
<td>• Decreases overall time of treatment</td>
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<tr>
<td>• Detects major and minor fibrotic changes</td>
<td>• Fosters faster rehabilitation/recovery</td>
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<tr>
<td>• Reduces manual stress; provides hand and joint conservation</td>
<td>• Reduces need for anti-inflammatory medication</td>
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<tr>
<td>• Increases patient satisfaction by achieving notably better outcomes</td>
<td>• Resolves chronic conditions thought to be permanent</td>
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Graston Technique® Training

- Two Levels of Accreditation:
  - Level 1 Graston Technique® Basic Training
  - Level 2 Upper and Lower Quadrant

- For a PTA to enroll in GT training, there must be a PT who is already trained at the facility/location, or who can enroll in the same course

- Additionally, a PTA/COTA is respectively not eligible to purchase instruments
Graston Technique®

For more information on Graston Technique® visit their website:

http://www.grastontechnique.com


Graston Technique®
Presentation Assessment

Name ___________________________________________________________ Date _______________________

Please circle your rating for the following statements:

Circle the appropriate number. 1=low; 5=high

The topic of the presentation was relevant and of interest 1 2 3 4 5
The information was presented in a clear, concise manner 1 2 3 4 5
The teaching methods used were appropriate and added value 1 2 3 4 5
The topic was useful in my professional development 1 2 3 4 5

The most important thing I learned today was:

__________________________________________________________________

If I could change one thing about the presentation it would be:

__________________________________________________________________

Presentation by Michele Kersman