

# Graston Technique®

*Changing the way soft tissue  
injuries are treated.*

**Presented by Jennifer Kirby,  
Doctor of Physical Therapy**



Graston Technique® is an innovative, **evidence-based** form of instrument-assisted soft tissue mobilization that enables clinicians to **detect and effectively break down scar tissue and fascial restrictions**, as well as maintain **optimal range of motion**, resulting in **improved patient outcomes**.

Ref: [grastontechnique.com](http://grastontechnique.com)

## **For the Clinician:**

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

## **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
- Provides an efficient way to maintain optimal range of motion

**Achieve faster and  
better outcomes for  
acute and chronic  
conditions.**

- Achilles Tendonitis
- Carpal Tunnel
- Adhesive Capsulitis
- IT Band Syndrome
- Lumbar Strain
- Plantar Fasciitis