



The Graston Technique at Mountain Air Wellness

by Dr. Sue Aery

This profound technique detects and corrects soft tissue, muscle and joint pain.

The Graston Technique is an incredible treatment technique. This innovative procedure accelerates the healing of both new injuries (i.e. strain/sprain syndromes) AND long-term chronic problems.

New injuries result in swelling and inflammation.

When an injury occurs, “soft tissue” (muscles, tendons and/or ligaments) swells. This is a natural reaction to trauma. Research has revealed that the quality of healing is directly proportional to the reduction of swelling. The Graston Technique rapidly reduces swelling, resulting in healing being accelerated and enhanced.

What happens when “soft tissue” heals with “scar tissue”?

Frequently, when “soft tissue” has been injured, as part of the healing process, fibrotic adhesions or “scar tissue” results. This is much like a scar that forms after one has scraped or banged his knee or hand. Scar tissue is not as flexible as normal, healthy, undamaged tissue. Over time there can be a build up of this fibrous scar tissue, particularly in those muscles, tendons and ligaments that get a lot of use, resulting in various pain syndromes because the replacement tissue lacks the flexibility of healthy tissue. In some areas, it may layer down and entrap a nerve, resulting in a “pinched nerve”, called a nerve entrapment syndrome.

How does this procedure work?

The doctor uses a hand-held stainless steel instrument that glides along a patient’s skin in order to feel the “soft tissue”. In other words, the instrument acts as a “soft tissue stethoscope”. Healthy tissue will be smooth with no areas of discomfort. Both the doctor and the patient will feel changes such as a lump—multiple “speed bumps”—a restriction and/or a granular feeling where damaged tissue is present.

The instrument can then be used to treat these tissue changes. The goals are to reduce swelling if present and/or “break up” the restriction or adhesion by physically breaking down any “scar tissue” that has developed. Stretching exercises are then used to promote re-alignment of the fibers so that they behave more like normal, healthy tissue.

Healthy tissue improves “soft tissue” function resulting in a healing response. When the Graston Technique is coupled with the necessary strengthening and stretching exercises, it provides a great aid to the chiropractic adjustment, and, as a result, patients heal more quickly and more completely.

Who benefits?

This treatment technique is excellent for people with conditions commonly treated and corrected in this office. Some of the more common conditions include: strain/sprain injuries anywhere in the body, pulled muscles, tendonitis, carpal tunnel syndrome, tennis elbow, rotator cuff and other shoulder syndromes, knee injuries, plantar fasciitis (foot pain), TMJ syndromes as well as complicated spinal misalignment syndromes.