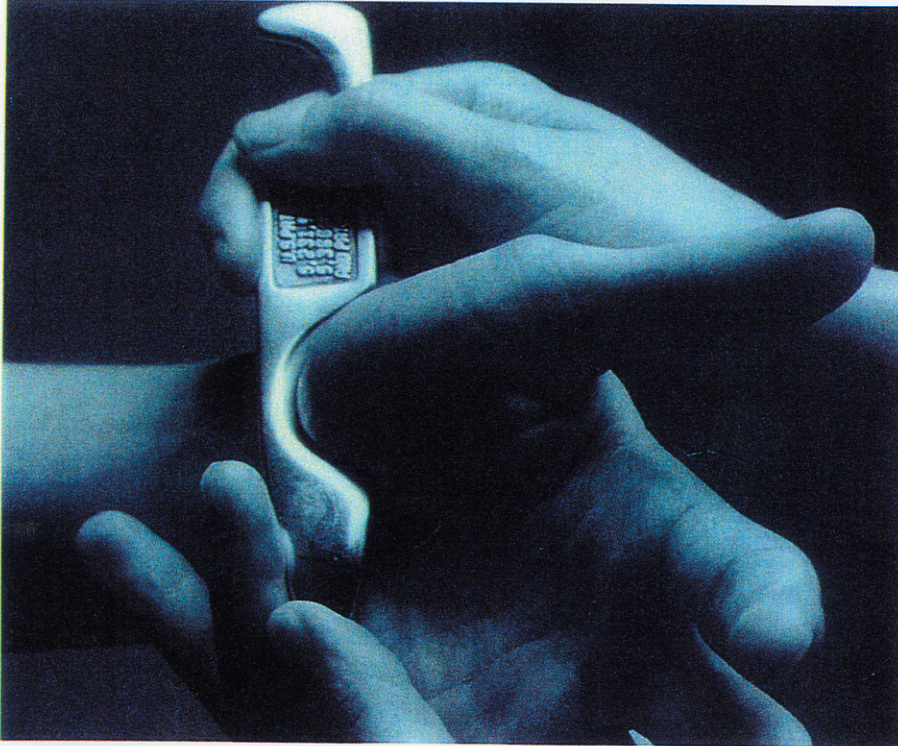


### PATIENT INFORMATION



*"Graston Technique was the treatment that finally fixed my Iliotibial (IT) band problems. Over the course of one and a half years, I'd tried physical therapy, orthotics, massage, and cortisone shots. I still couldn't run for more than 5 minutes. After six weeks of Graston Technique, I was completely healed, and nine months later I still have no problems."*

— Beeman Strong

**W**e are pleased to provide patients with an innovative and proven approach to the diagnosis and treatment of connective soft tissue injuries — Graston Technique. The Technique is performed with patented stainless-steel instruments designed to detect and treat soft-tissue fibrosis or chronic inflammation in order to reduce pain and restore function.

When connective tissue, such as muscle, ligaments or tendons become restricted or scarred, it can result in pain, tenderness, loss of flexibility and motion. It is not unusual to find a restriction in one part of the body that produces pain and dysfunction in another area, commonly known as the kinetic chain.

Hospitals, clinics, professional and university sports teams as well as industry rely on Graston Technique for the treatment of injuries.

*"After two surgeries to repair a broken foot, I was still in constant pain. I had very little improvement after ultra sound and injection therapy to break down the scar tissue. My chiropractor recommended the Graston Technique, and after several treatments, I now have greater flexibility and range of motion in my foot. The pain has all but diminished, and I'm able to enjoy running and other activities again."*

— George Wagner



## PATIENT INFORMATION

### TREATMENT BY GRASTON TECHNIQUE

Graston Technique treatment protocols may also include the use of heat, ice and rehabilitation to restore patients to their pre-injury level of activity. Muscle re-education, in addition to stretching and strengthening exercises are employed to provide the patient with optimal results within a minimal number of treatments. Following and staying with the plan of treatment is critical to achieving the clinical goals set by the clinician and the patient. Without full commitment to treatment, a positive outcome may not occur.

Most patients report pain reduction and improved function within the first two treatments. Although it is not unusual to experience some discomfort during initial treatment, it should dramatically lessen within a short period of time. Mild to moderate bruising may take place during the process of breaking down old scar tissue. During the course of treatment, daily consumption of 6-8 glasses of water, along with a diet rich in fresh fruit and vegetables will also prove beneficial.

### NUMBER OF GRASTON TECHNIQUE TREATMENTS

Factors such as age, history of the condition, occupation and lifestyle will determine the number of times that you will be treated. The average number of treatments is 6 to 8. Generally treatment is performed no more than twice a week unless the clinical circumstances dictate otherwise.

### SUMMARY

Graston Technique is a proven advanced technology for the treatment of connective soft tissue injuries. The success of treatment will be directly proportionate to your commitment to the treatment plan established for you by your clinician. If you have any questions, please talk to your clinician. Visit the Graston Technique website at [www.grastontechnique.com](http://www.grastontechnique.com).

