

What is Graston Technique?

Graston is a technique used for the diagnosis and treatment of soft tissue dysfunction and pathology.

The technique is performed with patented stainless steel instruments, which act as an extension of the doctor's own hands. The instruments conform to various contours of the body.

Graston works for acute and chronic conditions as well as injuries and inflammation. It helps to eliminate pain, limited motion and dysfunction in muscles, tendons, ligaments and other soft tissues.

How does it work?

The Graston Treatment Protocol may include warm-up exercises and heat, Graston Technique, stretching and icing. It can be used alone or in combination with chiropractic care.

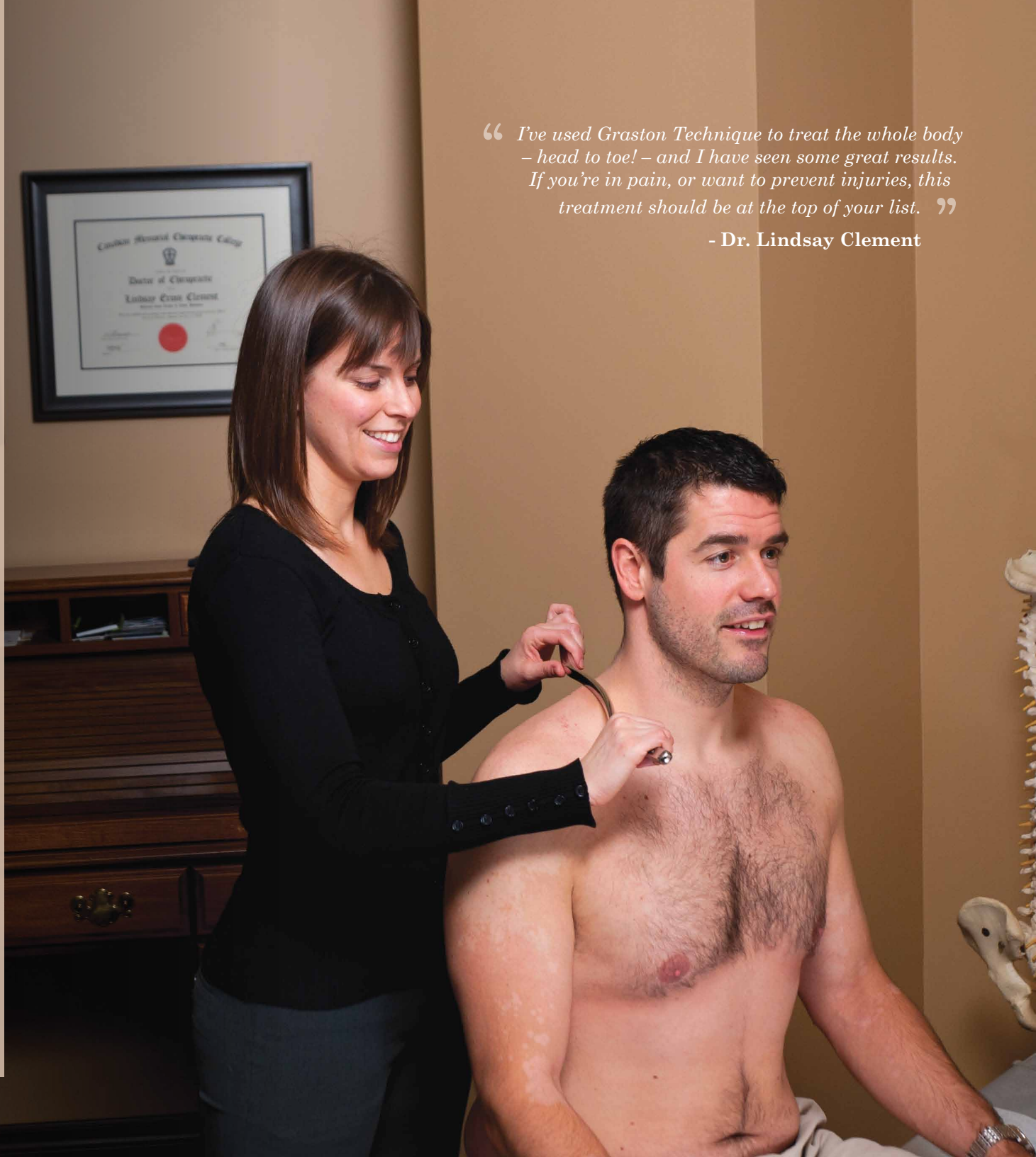
Graston works by breaking down scar tissue and adhesions, and increasing blood flow and cellular activity in treated areas.

Most patients report pain reduction and improved function within the first two treatments.

www.grastontechnique.com

“ I've used Graston Technique to treat the whole body – head to toe! – and I have seen some great results. If you're in pain, or want to prevent injuries, this treatment should be at the top of your list. ”

- Dr. Lindsay Clement



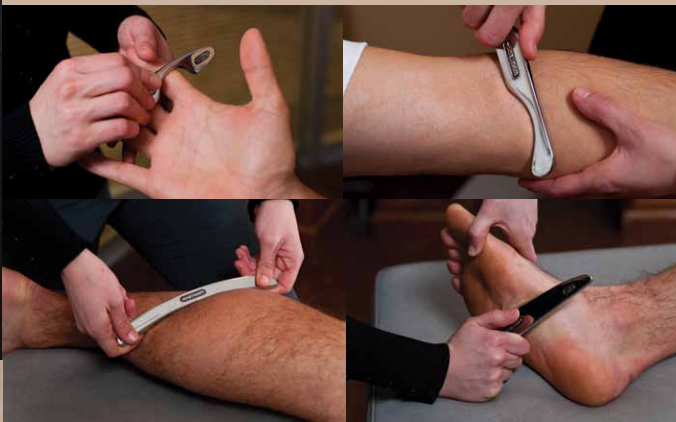


Dr. Lindsay Clement

Hons BSc (Kin), DC
Chiropractor
Graston Technique Provider

Graston Effectively Treats:

- ▶ Carpal Tunnel Syndrome
- ▶ De Quervain's Tenosynovitis
- ▶ Dupuytren's Contracture
- ▶ Epicondylitis/osis
- ▶ Fibromyalgia
- ▶ IT Band Syndrome
- ▶ Joint sprain - ankle, knee, etc.
- ▶ Low back pain
- ▶ Muscle injury/tension
- ▶ Neck pain
- ▶ Patellofemoral pain
- ▶ Plantar Fasciitis
- ▶ Post-fracture pain
- ▶ Scars - new and old
- ▶ Tendonitis/osis
- ▶ Tennis Elbow/Golfer's Elbow
- ▶ Trigger Finger



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