

**PHYSICAL
THERAPY
AND SPORTS
REHABILITATION**



INDIANA STATE UNIVERSITY

As a patient at ISUPTSR, your clinician may use the **Graston Technique (GT)** as an affective aid to return you to your previous level of function.

Background:

Graston Technique® is an instrument-assisted soft tissue mobilization that enables clinicians to break down scar tissue and fascial restrictions. Soft tissue dysfunction results in pain, weakness, and functional limitation for the patient. Originally developed by athletes, GT is an interdisciplinary treatment used by more than 12,500 clinicians worldwide.

Treatment Expectations:

Graston technique is used in conjunction with stretching/exercise and other modalities as appropriate. Patient may have resulting bruising or soreness over treated region after GT. As a patient, you should continue with home stretches and icing, even if this occurs after treatment. Patients should make their clinicians aware of their response at the next treatment session or if questions arise, please call our office for advice on further medical treatment. When applying ice, apply to affected region for 10min with a light barrier in between the ice and the skin.

Potential benefits for the patient:

- Decrease overall time of treatment
- Encourage faster rehabilitation/recovery
- Reduce need for anti-inflammatory medication
- Resolve chronic conditions thought to be permanent

Please feel free to ask your clinician or visit the Graston website for further information:

<http://www.grastontechnique.com/>

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