

# Graston Technique®

## Changing the way soft tissue injuries are treated

We have recently added a new treatment, Graston Technique®, to our services offered at the Schubbe Resch Chiropractic and Physical Therapy Clinic.



Graston Technique® has been clinically proven to achieve positive outcomes in 75-90% of all conditions treated. The technique is equally effective in restoring function to acute, chronic, and pre- and post-surgical conditions indicated to the right:

- Cervical Sprain-Strain (neck)
- Lumbar Back Sprain-Strain (back)
- Carpal Tunnel Syndrome (wrist)
- Plantar Fasciitis (foot)
- Medial & Lateral Epicondylitis/itis (elbow)
- Rotator Cuff Tendinosis/itis (shoulder)
- Patellofemoral Disorders (knee)
- Achilles Tendonosis/itis (ankle)
- Anterior Tibialis Tendinosis/itis (leg)
- Caesarean and Post-Masectomy Scars
- Trigger Finger (finger)
- Fibromyalgia
- Post-Surgical Scar Tissue



2200 S. KENSINGTON DRIVE, APPLETON, WI 54915 • 920-738-0200 • WWW.SCHUBBERESCH.COM

Clinical studies have shown the positive impact of spinal manipulation. If you feel any of your patients would benefit from spinal manipulation, please call us at 920-738-0200 or visit [www.schubberesch.com](http://www.schubberesch.com). Be assured, your patient will be referred back to you after we treat their condition.

### PHYSICAL THERAPISTS

- Richelle Fenter, PT, CSCS
- Nathan Zachor, DC
- Common Pienckowski, DC
- Laura Kemps, DC
- John Schubbe, DC
- Peter Schubbe, DC

### CHIROPRACTORS

2200 S. Kensington Drive, Appleton, WI 54915



# THE CLINICAL CHIROPRACTOR

SCHUBBE RESCH CHIROPRACTIC & PHYSICAL THERAPY • FALL 2011

Graston Technique® is an innovative, patented form of instrument-assisted soft tissue mobilization (IASTM) that enables clinicians to effectively break down scar tissue and fascial restrictions. The technique utilizes specially designed stainless steel instruments to specifically detect and effectively treat areas exhibiting soft tissue fibrosis or chronic inflammation.

Graston Technique® is an interdisciplinary treatment used by more than 11,000 clinicians worldwide—including physical and occupational therapists, hand therapists, chiropractors and athletic trainers.

Graston Technique® is utilized at approximately 1,000 outpatient facilities and industrial on-sites, by more than 185 professional and amateur sports organizations, and is part of the curriculum at 49 respected colleges and universities.

#### FOR THE CLINICIAN:

- Provides improved diagnostic treatment
- Detects major and minor fibrotic changes
- Reduces manual stress; provides 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

#### FOR EMPLOYERS AND THE HEALTHCARE INDUSTRY:

- Allows patients to remain on the job
- Reduces the need for splints, braces and job-site modifications
- Contributes to reduction of labor and healthcare costs, direct and indirect

SEE WHAT EXPERTS AND RESEARCHERS HAVE TO SAY ABOUT THE GRASTON TECHNIQUE®

*The Graston Technique® Instruments allow a deeper, more sensitive palpation and treatment of fibrotic restricted tissue.* —Warren I. Hammer, MS, DC, DABCO



## Six stainless steel instruments form the cornerstone of Graston Technique®

The curvilinear edge of the patented Graston Technique® Instruments combines with their concave/convex shapes to mold the instruments to various contours of the body. This design allows for ease of treatment, minimal stress to the clinician's hands and maximum tissue penetration.

The Graston Technique® Instruments, much like a tuning fork, resonate in the clinician's hands allowing the clinician to isolate adhesions and restrictions, and treat them very precisely. Since the metal surface of the instruments does not compress, as is the case when using the fat pads of the finger, deeper restrictions can be accessed and treated. When explaining the properties of the instruments, we often use the analogy of a stethoscope. Just as a stethoscope amplifies what the human ear can hear; the Graston Technique® instruments increase significantly what the human hands can feel.

For more information, please visit [www.GrastonTechnique.com](http://www.GrastonTechnique.com).

To schedule a consult with a provider in our office who performs Graston Technique®, please call 920-738-0200.

This information is not intended as a substitute for medical professional help or advice, but is to be used only as an aid in understanding chiropractic treatment. A physician should always be consulted for any health problems.