



Hampton Physical Therapy



Hampton & Seabrook, NH Clinics

Graston Technique®

What is the Graston Technique®?

The Graston Technique® incorporates a patented form of instrument-assisted soft tissue mobilization that enables physical therapists to effectively detect and treat scar tissue and restrictions that affect normal function.

Why is scar tissue a problem?

Scar tissue limits range of motion, and in many instances causes pain, which prevents the patient from functioning as he or she did before the injury.

How are the instruments used?

The Graston Technique® instruments are used to enhance the PT's ability to detect adhesions, scar tissue or restrictions in the affected areas. The stainless instruments comb over and "catch" on fibrotic tissue, which immediately identifies the areas of restriction. Once the tissue has been identified, the instruments are used to break up the scar tissue so it can be absorbed by the body.



Is the treatment painful?

It is common to experience minor discomfort during the procedure and some bruising afterwards. This is a normal response and part of the healing process.

What is the frequency of treatment?

Patients usually receive two treatments per week over 4-5 weeks. Most patients have a positive response by the 3rd to 4th treatment.

Will treatments affect my everyday activities?

Most patients are not disabled and continue to perform their regular functions at home or work.

What kind of results does Graston Technique® produce?

Historically, the Graston Technique® has had positive outcomes in 75–90 percent of all conditions treated. It is equally effective in restoring function to acute and chronic injuries, and pre- and postsurgical patients.