



Graston Technique

Why Graston Technique

Graston technique is known to reduce recovery time, increase blood flow, and restore range of motion to tight muscles and joints. Graston Technique helps patients get relief from a variety of chronic conditions.

What is Graston Technique

Graston Technique is an instrument assisted soft tissue technique designed to gently break down scar tissue and muscle adhesions caused by injury or overuse.

- Tennis Elbow
- Shin Splints
- Plantar Fasciitis
- Fibromyalgia
- Carpal Tunnel
- Achilles Tendonitis

It's all about the patient...

- * Increased motion.
- * Pain relief.
- * Increased blood-flow.
- * Tissue restoration.
- * Simple and affordable.

Why Natural Living Chiropractic

During this non-invasive treatment, you and I take the time to evaluate the granular feeling of restrictions in the tissue. Once evaluated, the area is treated with the stainless steel instruments, gently breaking down the scar tissue and muscle adhesions. The goal of treatment is to reduce the granular feeling of the tissue and restore natural function to the muscle or joint.



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