



**MORRISON**  
**CHIROPRACTIC, P.A.**  
*Gentle, Effective, Quality Chiropractic Care*

## **Get an Edge on Chronic Pain**

Do you suffer with chronic aches and pains? Difficulty lifting that coffee cup? Problems walking down steps and squatting? Carpal Tunnel Syndrome? Plantar Fasciitis? Ankle sprains? Old sports injuries? Have you tried pain-killers, anti-inflammatories, physical therapy and still nothing works? People with pain or decreased function from these common problems, surgical scarring, injuries and tendonitis may benefit from The Graston® Technique. So what exactly is this innovative, scientifically advanced treatment?

The Graston® Technique uses six different stainless steel instruments to detect and treat areas of “scar tissue” in muscles, tendons and ligaments that can lead to pain and dysfunction. In the healing process our body attempts to repair muscles, tendons and ligaments with “scar tissue,” much like the scar that forms on the skin when you have scraped or banged your knee. As you can imagine, that scar tissue is not as strong and flexible as normal, healthy, undamaged tissue. Over time we can have a build up of this fibrous scar tissue, especially in the muscles, tendons and ligaments that get a lot of use. This can lead to pain and dysfunction because this replacement tissue lacks the strength and flexibility of healthy tissue. In some cases it may even mat down and entrap a nerve.

The Graston® Technique allows us to better detect and treat these areas. The instruments glide along a patient’s muscle, tendons or ligaments and act like a “scar tissue” stethoscope. When knots or bands of scar tissue are encountered, both the doctor and the patient sense a restriction or a granular feeling. The instrument can then be used to “break up” this restriction or adhesion. Stretching and strengthening exercises are then used to promote realignment of the fibers so that they behave more like normal, healthy tissue.

The benefit of the Graston® Technique is not only in detection of soft tissue injuries, but also in the amount of improvement that takes place in a short amount of time. Unfortunately, the unaided hand is hard pressed to detect and break up as much scar tissue as the stainless steel instruments can.

The Graston® Technique remains at the cutting edge of today’s most effective and highly researched treatment options. Here at Morrison Chiropractic, patients who experience the Graston® Technique get better much quicker and more completely. It is not for everyone, but if you have lingering discomfort, pain, and stiffness, the Graston® Technique can provide the relief you’ve been waiting for.

“Graston® has made such a difference with my “tennis elbow.” After developing a very painful elbow that was aggravated by weight lifting, I could barely lift a coffee cup without pain. After a few weeks of Graston®, my pain had been greatly reduced and my muscle strength was improved. I am now almost done with my treatment and rarely have pain. All this with a non-invasive technique that feels similar to a “deep massage”. I highly recommend it.” –Edey Cross