

Instrument Assisted Soft Tissue Mobilization(STMT) / Graston Technique:

Soft tissue pathology plays a primary role in limiting mobility, often resulting in profound loss of function for those with injuries. Therapists will identify and treat soft tissue restrictions utilizing Instrument Assisted Soft Tissue Mobilization (IASTM) techniques.

Soft Tissue instruments, designed from stainless steel, enable physical and occupational therapists to address scar tissue and fascial restrictions during rehabilitation, enhancing mobility in the affected joints. The non-invasive technique is used to help the clinician identify and treat areas exhibiting soft tissue fibrosis or chronic inflammation.

The instruments allow the clinician to get as deep into the tissue as necessary to invoke change, yet be sensitive to patient pain and tolerance. As the instruments are moved over the affected area and come in contact with the adhesions, they help break up scar tissue and fascial restrictions. In time, this process will reduce or eliminate the adhered fibers, restoring range of motion and eliminating the associated pain. It will help transform your soft tissue injury into healthy functioning tissue.

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