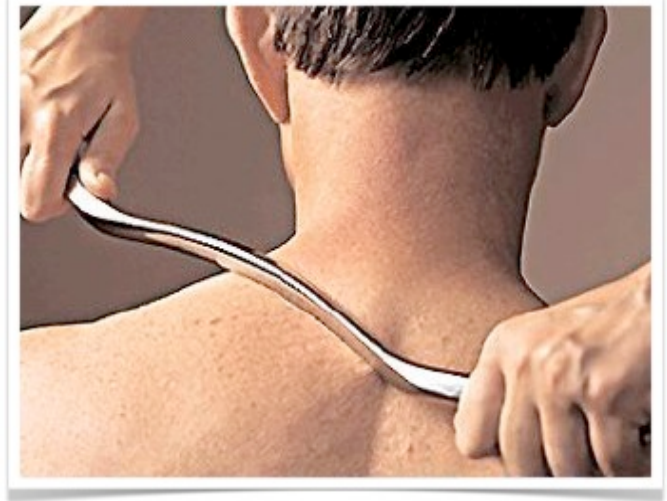


A New Way to Decrease Pain and Improve Function

We have recently added a new technique called the [Graston Technique®](#) to the health care services we offer our patients. This procedure allows for the detection and treatment of “**scar tissue**” or adhesions in muscles, tendons and ligaments that can cause 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 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 tissue, particularly 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 areas, it may even entrap the nerve.



The [Graston Technique®](#), allows for the detection and treatment of these areas because it uses a stainless steel instrument that glides along a patient's muscle, tendon or ligaments and acts 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 exercises are then used to promote re-alignment of the fibers so that they can behave more like normal, health tissue.

The benefit of the [Graston Technique®](#) is not only in detection of restrictions or adhesions, but also in the amount of improvement that takes place in a short amount of time.

The [Graston Technique®](#) is not appropriate for every patient condition. It is however very helpful for people with the most common conditions we treat in this office. If you have not experienced the [Graston Technique®](#) and you still have lingering discomfort or stiffness, please book your free 15 minute consultation to learn more about this effective new treatment.

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**For more information or to book
an appointment call 416.760.8280
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