



The Graston Technique

for Treating Soft Tissue Injury and Lesions is Now Available at The Center for Physical Therapy and Rehabilitation.



The **Graston Technique**, which is clinically proven to achieve quicker and better outcomes for patients, provides clinicians with an improved diagnostic and treatment technique for many challenging musculoskeletal conditions including:



- Achilles Tendonitis, Tendonosis
- Carpal Tunnel Syndrome
- Cervical Sprain/Strain
- Neck Pain or Spasm
- Fibromyalgia
- Lateral Epicondylitis, Epicondylosis
- Lumbar Sprain/Strain
- Back Pain
- Medial Epicondylitis, Epicondylosis
- Patellofemoral Disorders
- Knee Pain
- Plantar Fasciitis
- Foot Pain
- Rotator Cuff Tendonitis, Tendonosis
- Shoulder Pain
- Scar Tissue
- Shin Splints
- Trigger Finger

“Graston Technique effectively breaks down scar tissue and reduces inflammation that causes pain and restricted mobility...”

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

**For more information on
The Graston Technique,
please call 978-784-9350
or visit us at
steward.org/NVMCphysicaltherapy**

**Nashoba Valley
Medical Center**

A STEWARD FAMILY HOSPITAL



**Center for Physical Therapy
and Rehabilitation**