



The Graston Technique

Technique owner Michael Arnolt proudly displays the tools used by the chiropractor to reduce manual stress and "catch" on fibrotic tissue for performing the Graston Technique.

The Graston Technique is an innovative technique for treating soft tissue injuries. It gives clinicians and patients something they want and need—relief. This patented and researched technique is an advanced form of instrument-assisted soft tissue mobilization that incorporates the use of six stainless-steel instruments to identify, evaluate, diagnose and treat soft tissue injuries. Use of the Graston Technique instruments reduces manual stress to the clinician's hands and joints and allows the clinician to effectively comb over and "catch" on fibrotic tissue,

immediately identifying the areas of restriction. Once the damaged/affected tissue has been identified, the instruments are used to break up the fibrotic tissue so it can be absorbed by the body. The result is better outcomes and greater patient satisfaction.

The Graston Technique is performed by skillfully trained and certified chiropractors, as well as other qualified clinicians, such as athletic trainers, occupational therapists and physical therapists. It is effective for acute and chronic soft tissue injuries, including cervical and lumbar sprains/strains, rotator cuff tendonitis, carpal tunnel syndrome, patellofemoral disorders, plantar fasciitis, Achilles tendinitis, lateral epicondylitis, medial epicondylitis, fibromyalgia, scar tissue, shin splints and trigger points.

Other benefits of the Technique include faster rehabilitation and recovery, a reduction in the need for anti-inflammatory medication and a decrease in the overall treatment time for patients. The number of treatments to attain maximum resolution generally ranges from six-to-ten, with most patients attaining a noticeably favorable response within the first three visits, and treatment time is thirty-to-sixty seconds per area treated. The Technique—used in outpatient clinics, industry and athletics since 1994—has been added to the core curriculum at National University of Health Sciences and Northwestern Health Sciences University.

For more information on the Graston Technique, visit www.grastontechnique.com or call toll-free 1-866-926-2828.

Logan Basic Methods

Brian J. Snyder, DC, helps keep Hugh B. Logan's work on the Logan Basic Methods alive through his work at Logan College of Chiropractic. (Dr. Logan's photo to the right)



Basic Technique is a chiropractic adjustment protocol that was developed by Dr. Hugh B. Logan in the mid 1920's and continued throughout the early 1930's, which led to the establishment of Logan College of Chiropractic in 1935. Dr. Logan, a pioneer doctor of chiropractic, developed this specialized method of adjusting after extensive research and investigation of