



Email Newsletter

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Staying in Touch With Patients

Hello Adams Chiropractic Family! We have been trying to promote all the things we offer here at Adams Chiropractic Health Center. On this month's newsletter, we are covering Graston and its benefits. We are more than chiropractic health, but about wellness and healing in general. Not only do we want to promote, but we want to educate you too! We want to share all the cool benefits of our services and how they work with Chiropractic treatment. Let's get into it.

Theory: By using a tool to introduce microtrauma into an area of excessive scarring and/or soft tissue fibrosis, an inflammatory response will occur that will encourage the healing process



Muscle and tissue injuries aren't an easy heal; the pain they cause requires more than just a few painkillers or massage with essential oils. Let's dive into everything you need to know about Graston Technique.

Graston Technique

"The Graston Technique is an innovative and unique manual therapy technique used by medical professionals to help the pain caused by soft tissue injuries. Licensed therapists and trained practitioners use specific tools to scrape and massage the surface of the skin associated with trauma."

How does it work?

Professionals perform Graston Technique by scraping or dragging metal instruments across the injury site in a methodical motion.

This approach aids in breaking down scar tissue around the tendon or muscle that's affected. Over time, this technique will alleviate the patient's pain and increase function of mobility to the injury site.

Who Is It For?

This technique is highly suggested for anyone with tissue damage, muscle pain, and limited mobility in their body associated with pulled muscles or tendons. This approach is common in athletes but is becoming more widely used in family medicine.

The Graston Technique can alleviate problems caused by tennis elbow, carpal tunnel's syndrome, ligament strains, and post-surgical tissue scars, and Planters Fasciitis.



1. Pain Relief
2. Fast Results
3. Aids in Natural Healing