

INTEGRATIVE CHIROPRACTIC

GRASTON TECHNIQUE PROCEDURES AND RELEASE (PLEASE PRINT)

Name: _____ (Age) _____ Cell/Home Phone: (____) _____

Home Address: _____ Birth Date: ____ / ____ / ____

City, State, Zip: _____ Social Security #: _____ - _____

Email Address: _____ Occupation: _____

Height: _____ Ft. _____ In Weight: _____ Employer Name: _____

INSURANCE INFORMATION I clearly understand that all insurance coverage, whether accident, work related, or general coverage is an arrangement between my insurance carrier and myself. If this office chooses to bill any services to my insurance carrier that they are performing these services are strictly as a convenience to me. The Doctor's office will provide any necessary reports or required information to aid in insurance reimbursement of services, but any monies received will be credited to my account. **PLEASE NOTE THAT MANIPULATION AND GRASTON ARE NOT BILLABLE BY INSURANCE ON THE SAME DAY OF SERVICE.**

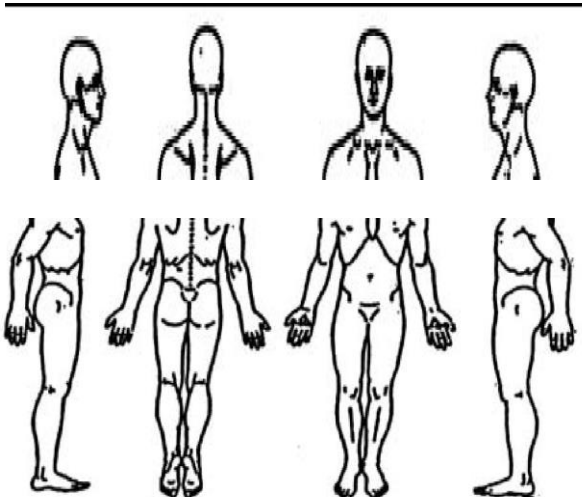
Name of Insurance Co. _____ Policy/Contract# _____

Insured's Name _____ Insured's SS# _____

Relationship to Insured _____

Reason for TODAY'S VISIT _____

Please DESCRIBE PAIN OR DISCOMFORT & its LOCATION and how long this has been bothering you: _____



PLEASE CIRCLE WHERE YOU WISH TO BE TREATED

GRASTON TECHNIQUE PROCEDURES

The Graston Technique is a form of manual therapy known as soft-tissue, instrument-assisted mobilization. It is one of a number of manual therapy approaches that uses instruments with a specialized form of massage/scraping the skin gently. The therapy is designed to help the practitioner identify areas of restriction and attempt to break up scar tissue.

Graston Technique Goals

The general goals of the therapy are to reduce the patient's pain and increase function through a combination of:

- Breaking down the scar tissue and fascia restrictions that are usually associated with some form of trauma to the soft tissue (e.g., a strained muscle or a pulled ligament, tendon, or fascia).
- Reducing restrictions by stretching connective tissue in an attempt to rearrange the structure of the soft tissue being treated (e.g., muscle, fascia, tendons, ligaments).
- Promoting a better healing environment for the injured soft tissue.
- There also appears to be a neurologic benefit to treating patients with the Graston Technique Instruments. This response is similar to that involved with other manual therapies. The literature suggests that when a patient is given manual or instrument assisted soft tissue mobilization (IASTM) therapy, certain nerve fibers are activated. Additionally, the body's position sense organs, such as mechanoreceptors and proprioceptors, seem to respond to these forms of treatment. **Potential Benefits of Graston Therapy** Most of the body is comprised of muscles, fascia, ligaments, and tendons. Injuries to these soft tissues play a significant role in pain and dysfunction.

The Graston Technique offers several potential advantages to the patient with such an injury:

- Decreasing overall treatment time
- Fostering faster rehabilitation/recovery
- Reducing the need for anti-inflammatory medication
- Resolving chronic conditions thought to be permanent

The treatment may be used alone or in conjunction with other treatments. Graston Technique uses unique handheld instruments with a specialized form of massage that is designed to help the practitioner identify areas of restriction and break up the scar tissue.

- **The Graston Technique Tools**

- There are 6 core tools used in Graston Technique. These tools are made of stainless steel and are concave and convex-shaped. They have rounded edges and are not sharp. The instruments are used to scan over and detect areas of injured fibrotic tissue.

- The process is designed to both identify the injured areas and provide needed treatment to them.

- **The Graston Technique Massage**

- Using a cross-friction massage, which involves brushing or rubbing against the grain of the scar tissue, the practitioner re-introduces small amounts of trauma to the affected area. In some cases, this process temporarily causes inflammation in the area, which in turn increases the rate and amount of blood flow in and around the area. The theory is that this process helps initiate and promote the healing process of the affected soft tissues. Treatment is rendered along the kinetic chain and thus a patient presenting with back pain might also receive treatment to the hip flexors, abdomen, hamstrings, shoulders, and other regions of the body which often seem remote but are connected through the fascial network.

What To Expect: (Please initial below)

The typical course of treatment generally ranges from 1 to 10 visits over the course of several weeks. No medications are required in conjunction with this manual therapy. Patients undergoing therapy with the Graston Technique can expect the following:

Prior to Treatment

- Prior to an appointment with a chiropractor, patients are advised to complete five minutes of cardiovascular activity, such as riding a stationary bike or walking on a treadmill.

During Graston Treatment

- The practitioner will utilize the appropriate Graston Technique instruments to scan, then treat, the affected area.
- Treatment generally consists of the clinician rubbing the affected area(s) with the handheld stainless steel Graston Technique instruments, using very specific, calculated massage techniques.
- Treatment time is usually 30 to 60 seconds per area treated.
- **It is common for patients to experience some discomfort during the procedure.**

(Initial) After Treatment

- Patients are advised they may be sore, bruised or exhibit small red dots over the area treated, called petechiae. (Initial)
- If any soreness is felt after the procedure, ice application for 15 to 20 minutes following the treatment may ease the discomfort. (Initial)
- It is recommended that an exercise, stretching, and strengthening program be used in conjunction with the Graston Technique to and help the injured tissues heal. (Initial) Anecdotally, many patients have reported increased range of motion and reduced pain after the first treatment.

I _____, Hereby Release Dr. Ryan Russell and Integrative Chiropractic from any liability from bruising and/or discomfort from being treated with the Graston Technique and give my consent for treatment. I also hereby acknowledge that I do not have any of the following symptoms/problems:

- Open wounds around the area to be treated
- High blood pressure
- Cancer (depending on the type and location)
- Pregnancy - at a minimum, pregnant women should avoid having the therapy done over the spine, pelvis, abdomen, or along certain acupuncture points
- Unhealed, complicated fractures.
- Kidney disorders
- Taking blood thinners

PATIENT SIGNATURE _____ **DATE:** _____