

The Effect of Mechanical Load on Degenerated Soft Tissue

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PURPOSE: To present the use of Graston Technique (an instrument-assisted soft tissue mobilization method) in three case studies including supraspinatus tendinosis, Achilles tendinosis, and plantar fasciitis. There is a need to identify and refine effective methods of conservative management in the treatment of these common tendinopathies.

METHOD: In each case study, functional testing confirmed the presence of a condition characterized by degenerated fascial tissue. Each condition was treated according to the Graston Technique (GT) protocol. Graston Technique is a patented form of treatment using stainless steel instruments designed with a unique curvilinear treatment edge, contoured to fit various shapes of the body.

RESULTS: The Graston Technique method of load deformation to fascial tissue resulted in the elimination of pain and normalization of the positive functional tests that revealed the conditions of supraspinatus tendinosis, Achilles tendinosis, and plantar fasciitis.

CONCLUSION: This method of mechanical deformation load on soft tissue lesions is unique for its ability to both detect and treat areas of degenerated tissue. It deserves further consideration for basic research.