

# Duxbury Sports Chiropractic and Fitness

## Graston Technique® Questionnaire and Informed Consent

Graston Technique® (GT) is an instrument assisted variation of traditional cross fiber or transverse friction massage. The GT instruments consist of six stainless steel tools of various sizes and contours. GT is a form of treatment used to “break up” or “soften” scar tissue, thus allowing for the return of normal function in the area being treated.

Graston Technique® has several basic components. Your clinician will determine the protocol for you.

1. Warm up of the treatment area.
2. Graston Technique® Instrument Assisted Soft-Tissue Manipulation.
3. High repetition, low load exercise.
4. One to three 30-second stretches.
5. Low repetition, high weight exercise.
6. Ice therapy.
7. Stretching/rehabilitation exercise. Graston Technique® is designed to minimize discomfort; however, the following reactions are normal and in some instances unavoidable.

1. Local discomfort during the treatment. 2. Reddening of the skin. 3. Superficial tissue bruising. 4. Post treatment soreness. Please answer the following questions and sign below.

If you have any questions, please speak with your clinician.

1. Do you bruise easily? Yes No
2. Do you bleed for a long period of time after you cut yourself? Yes No
3. Are you taking blood thinners or anticoagulants? Yes No
4. Do you take aspirin on a regular basis? Yes No
5. Do you take cortisone on a regular basis? Yes No
6. Have you ever had inflamed veins or blood clots Yes No
7. Do you have surgical implants in your body? Yes No
8. Do you have diabetes or kidney disease? Yes No
9. Do you currently have any infections? Yes No
10. Do you have uncontrolled high blood pressure? Yes No All components of Graston Technique® have been explained to me. I understand the risks of the procedure and I give my full consent for treatment. Print your

name: \_\_\_\_\_ Date: \_\_\_\_\_

Your signature: \_\_\_\_\_