



Common Questions Asked About A.R.T./Graston

What is ART?

Active Release Techniques (A.R.T.) is a hands-on technique that treats such soft tissue dysfunctions by using patient motion during treatments to accurately locate and break down such scar tissue and adhesions.

What is Graston?

Graston is a soft tissue mobilization technique that involves the use of customized stainless steel tools that are rubbed over the surface of the skin that effectively breaks up scar tissue.

Why am I being sent for Graston/A.R.T?

We want to rebuild the injured soft tissue into healthy functioning tissue.

What causes scar tissue/adhesions?

Scar tissue and adhesions will often form when there is trauma, a repetitive strain injury or when one remains in an awkward position for long periods. In such cases proper blood flow is diminished, decreasing the amount of oxygen to the tissues.

How does scar tissue/adhesions negatively affect the musculoskeletal system?

Scar tissue and adhesions will cause soft tissues to become bound up and stuck to one another not allowing proper motion to occur. This may also cause nerves and blood vessels to be compressed.

What exactly does the term soft tissue refer to?

Soft tissue refers to muscles, ligaments and tendons of the body.

What are some common symptoms of soft tissue conditions?

Aches, pains, burning, numbness or tingling, decreased range of motion.

Why am I having ART/Graston before, during or after physical therapy?

Exercise is essential for tissue repair and the only way to ensure the soft tissue injury does not return. If soft tissue restrictions are not addressed and removed before strengthening, poor or temporary results may occur with rehab resulting in strengthening tight restricted muscles even more.

Can seeing my massage therapist be just as effective?

Massage therapy can be effective for treating many soft tissue conditions. However, what makes A.R.T. and Graston very effective is that providers are trained to identify problems that may be occurring in other areas of your body that may have been affected by the injury. Also A.R.T. in particular uses patient motion to help restore normal function.

My chiropractor accepts insurance, why doesn't your chiropractor?

Most insurance plans only cover spinal manipulation when it comes to chiropractic care and do not cover soft tissue treatment. A.R.T. and Graston are effective techniques that are not only provided by chiropractors but also by physicians, massage therapists, kinesiologist and sports medicine practitioners who hold a

professional license to treat soft tissue injuries. The soft tissue care you have been prescribed is not to be confused by traditional chiropractic care which often only focuses on spinal complaints.

Should I still see my chiropractor that I have been seeing for years?

It isn't our goal to replace your existing chiropractor. When you are sent to one of our chiropractors, it most likely is to have them address your soft tissue dysfunctions through certified techniques that we are familiar and confident with. If your chiropractor is only addressing your spinal joint dysfunctions, the soft tissue care you receive with us should not interfere with your chiropractor's results. In fact, they may complement each other's work. Just keep in mind, it is always important to let your doctor know all health practitioners you are currently seeing and for what.

How much will it cost?

\$50.00 for initial exam. \$40.00 for follow up visits.

How long will I have to have these treatments?

Depending on the degree of your condition, treatment frequencies may vary. Because Graston and A.R.T. can be very effective, results are often noticed early in care and at times conditions may be resolved in as few as 8 visits.

Will the injury re-occur after A.R.T./Graston treatments?

Usually, the results for Graston and A.R.T. are long-lasting and permanent. However, the answer to this is greatly influenced by what you do after care. If you continue to function in the incorrect way that may have caused the problem to begin with, the condition may reoccur. This is where a customized physical therapy program to eliminate abnormal motion patterns with correct strengthening may work greatly to help ensure your soft tissue injury does not return.

Why will exercises that did not seem to be helpful before become more effective after A.R.T./Graston treatments?

Strengthening and stretching will only be effective once the soft tissues have been released of restrictions. Strengthening structures that are bound up together may result in irritation and creating additional tension to the problem area.

Are A.R.T./Graston treatments painful?

Minor discomfort during treatment and bruising afterwards may occur. This is often a part of the healing process and normal.

What conditions does A.R.T./Graston help resolve?

Carpal tunnel syndrome, golfer's/tennis elbow, rotator cuff, shoulder impingement & tendonitis, frozen shoulder, plantar fasciitis, Achilles tendinosis/itis, iliotibial band syndrome, patella femoral disorders, sciatica, facet syndrome, shin splints, cervical sprain/strain, lumbar sprain/strain

Will my insurance company reimburse any of the cost?

We can supply you with a "superbill" that contains all of the information you may need to submit to your insurance company for possible reimbursement according to their reimbursement scale.

Can my FLEX spending account be used to cover the charge?

Yes.

If you have any questions, please contact us at 716-626-0093 or visit us online at www.buffspine.com