

# What is Soft Tissue?

## And why is it important?

### Definition:

The soft connective tissue, located just under the skin, is a white membrane that wraps and connects the muscles, bones, nerves and blood vessels of the body.

*Soft tissue is also called **fascia**.*



Think of it like the white fuzz inside an orange peel, connecting the "skin" and the "meat" of the orange.

At times, the muscles and fascia are not stretched enough and they become stuck or **tear**, which results in soft tissue injuries or adhesions.

The outcome? You'll have restricted muscle movement, pain, soreness and reduced flexibility.

**GRASTON®**  
TECHNIQUE  
PROVIDER



Graston Technique® (GT) providers can detect these adhesions and restrictions.

GT instruments have been clinically proven to achieve quicker and better outcomes in treating acute and chronic conditions, including:

**Neck Pain**  
(Cervical sprain/strain)  
82% Success Rate

**Shoulder Pain**  
(Rotator Cuff Tendinosis)  
92% Success Rate

**Golfer's Elbow**  
(Medial Epicondylitis)  
60% Success Rate

**Tennis Elbow**  
(Lateral Epicondylitis)  
90% Success Rate

**Back Pain**  
(Lumbar sprain/strain)  
87% Success Rate

**Wrist Pain**  
(Carpal Tunnel Syndrome)  
86% Success Rate

**Knee Pain**  
(Patellofemoral Disorders)  
71% Success Rate

**Other Treatable Conditions**  
Fibromyalgia  
Hip Pain  
Wrist Tendinitis  
ITB Tendinitis

**Foot Pain**  
(Plantar Fasciitis)  
70% Success Rate

**Ankle Pain**  
(Achilles Tendinosis)  
92% Success Rate



The Success Rate relates to a set of predetermined patient/clinician goals established at the onset of care and based on the average number of treatments using Graston Technique®.

For more information on GT Outcome Data and how the results were calculated, go to [bit.ly/GT-Data](http://bit.ly/GT-Data).

**Graston Technique® is the soft tissue treatment most requested by patients worldwide.**

