2026
WORK RELATED
Injuries Workshop

Encore: Physical Therapy Live Demo

Chairperson: Maria DelMuto, PT, CCM

Workers' Compensation Medical Case Manager, Mass General Brigham

mdelmuto@mgb.org

Disclosures

None to disclose.

Demos

Graston Technique Demo– Shirah Burgey, DPT

Dry Needling w/Electrical Stimulation for Pain – Dan Fleury, DPT, OCS, FAAOMPT

Blood Flow Restriction Training– Kayla Roche, DPT

Graston Technique

Learning Objectives:

1. Understand the benefits and clinical indications of Graston Technique.

2. Acknowledge the difference between IASTM and Graston Technique.

GRASTON®

TECHNIQUE

Shirah Burgey, PT, DPT

Boston Medical Center

Outpatient Rehabilitation Services PT/OT

Disclosures

Nothing to disclose.

What is IASTM?

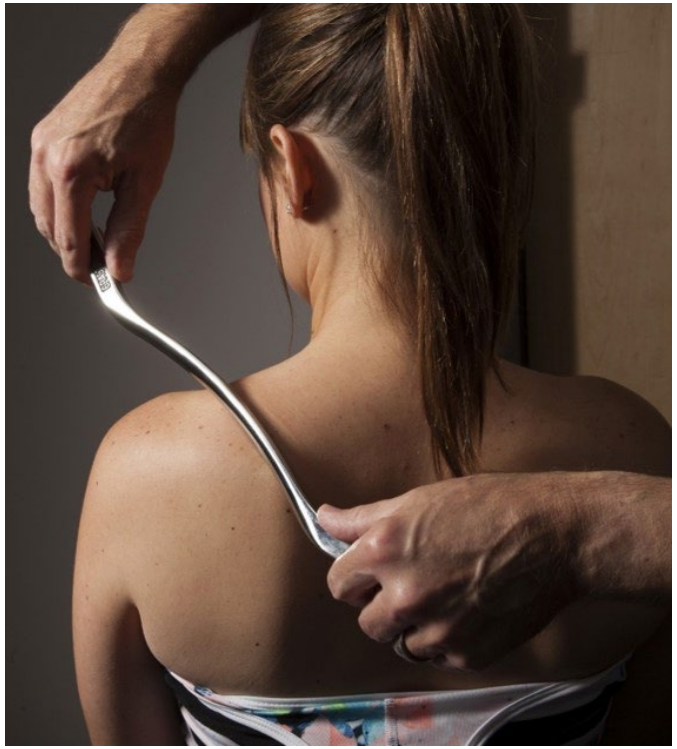
Instrument-Assisted Soft Tissue Mobilization

USE OF INSTRUMENTS TO ACHIEVE EFFECTS AND BENEFITS OF SOFT TISSUE MOBILIZATION

What is Graston Technique®?

GT IS AN EVIDENCE-BASED METHOD OF INSTRUMENT-ASSISTED SOFT TISSUE MOBILIZATION (IASTM), *THAT IS COMBINED WITH* REHABILITATIVE EXERCISES TO IMPROVE MUSCULOSKELETAL FUNCTION.

GT incorporates the use of six specifically designed stainless steel instruments to aid the clinician in the detection and treatment of soft tissue dysfunction.



Benefits of Graston Technique®

For Clinicians:

- Increased diagnostic skills
- Increased mechanical advantage (instruments as levers)
- Decreased treatment time
- Decreased clinician fatigue
- Increased specificity of tissue treatment

For the Referral Source:

- Faster return to function
- Increased patient satisfaction
- Decreased frustration (by providing additional solution to solving patient problems)
- Improved surgical outcomes via management of scar tissue

For the Patient:

- Quicker, improved outcomes
- Patients feels abnormal tissue texture as the clinician does which tends to facilitate their involvement and interest in their treatment

Clinical Indications

Tendinopathies

- Lateral epicondylosis
- Medial epicondylosis
- Supraspinatus tendinosis
- Achilles tendinosis
- Patellar tendinosis
- De Quervain's syndrome*

Fascial Syndromes

- Plantar fasciitis
- ITB syndrome
- Chronic compartment syndromes
- Trigger finger

Myofascial Pain Syndromes

Ligament Pain Syndromes

- MCL/LCL sprains
- Coronary ligament sprains
- AC ligament sprains
- Ankle sprains
- Ulnar collateral sprains

Edema Reduction

Scar Tissue/Adhesions

- Postsurgical
- Traumatic

Entrapment Syndromes

- Carpal/tarsal tunnel
- Ulnar entrapment
- Thoracic outlet

Demo: Elbow / Forearm

Sweep, Fan Through
Wrist Flexors and
Biceps
GT2, GT4, GT5

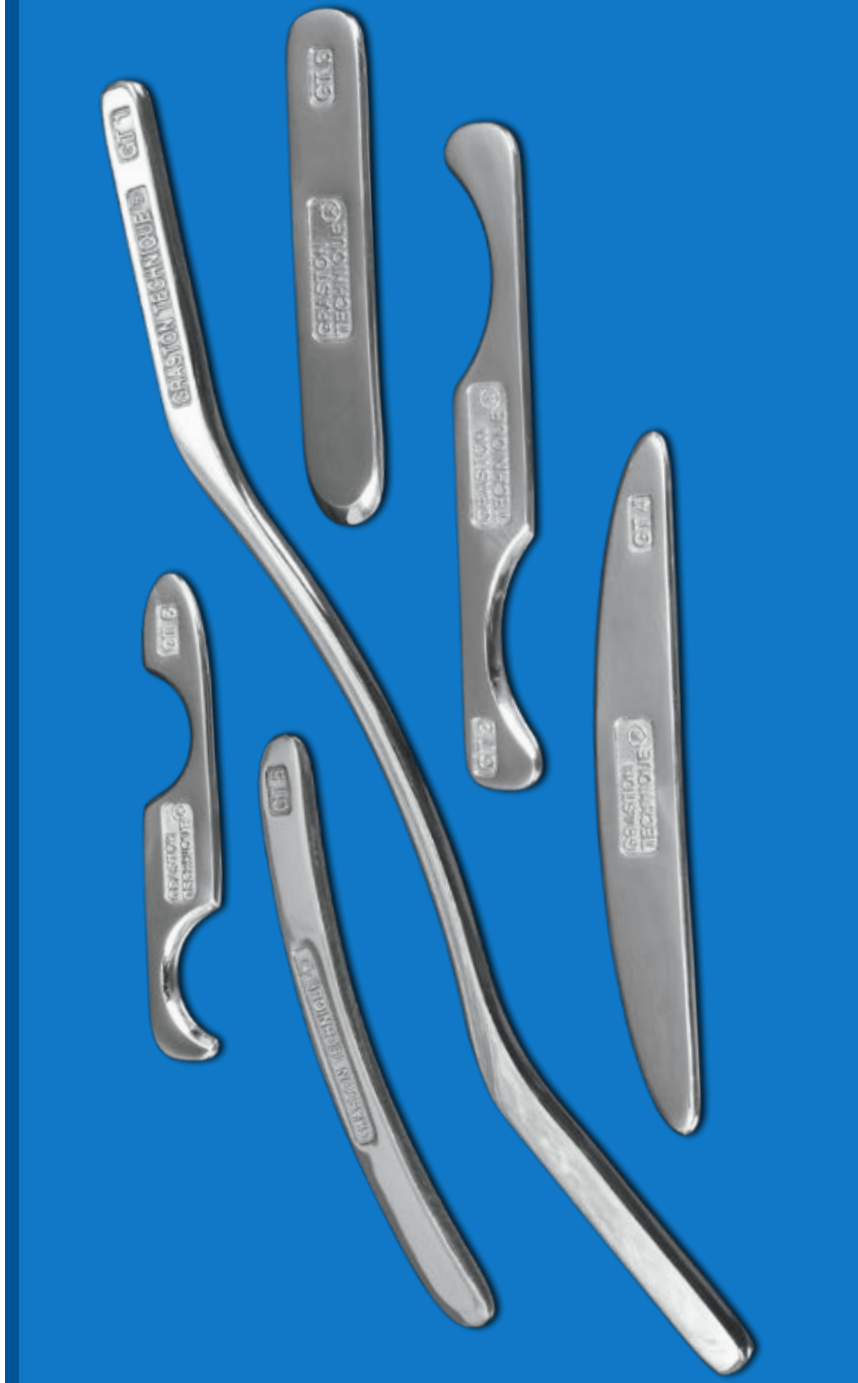
Brush, Strum
Medial Epicondyle
GT3

Sweep, Fan Through
Wrist Extensors
GT2, GT4, GT5

Brush, Strum
Lateral Epicondyle
GT3

Sweep Distal
Triceps
GT2, GT4, GT5

GRASTON®
TECHNIQUE



Dry Needling with Electrical Stimulation for Pain

Learning Objective:

Understand the benefits and clinical indications for dry needling for pain.

Blood Flow Restriction Training

Learning objectives:

1. Understand the use of BFR for appropriate patients in the outpatient orthopedic rehabilitation setting

2. Understand the application of BFR utilization to reach performance-based goals in specific patient populations

Q & A

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Thank you!